



Mr Ian Margetts
Principal

12th June 2020

Principal's Report

This week we had our second community meeting for the Centenary Celebrations in 2021. It was great to gather (via Zoom and in person) to reflect on the progress and continue planning forward. The 'ground crew' here at the College appreciate the dialogue and feedback with community members as planning progresses. We were also blessed with a visit last week from Sr Pam, Sr Christine and Sr Ann. Their support, wisdom and insights are gratefully appreciated.

There are many things planned including;

- Celebration weekend that includes
 - Currently being curated Museum and Heritage rooms
 - Gala Dinner
 - Opening of the MSB Mercy Heritage Trail
 - Historical story telling
 - School tours
- Commemorative Labyrinth Project
- 100 Yarns in 100 Years Project

MOUNT ST BERNARD COLLEGE SAME MERCY VALUES...



...IN CONTEMPORARY
LEARNING FACILITIES



- Quality Catholic Education
- Scholarships available
- Discounts/concessions available
- Do not let cost be a barrier
- No child is denied a Catholic education based on their family's financial situation.

<http://msb.qld.edu.au/documents/enrolment.html>

Email msb.enrolments@cns.catholic.edu.au

Phone 4096 1444

ENROL NOW FOR 2021!

We are also working hard to establish a Centenary Website to house all the information for promotion, booking and recording historical information.

The Centenary team of organisers are certainly working hard to tell the story and we welcome any input. Enquiries can be directed to Hillary O'Brien at the College and on email msbcentenary@cns.catholic.edu.au

Individual enrolment tours are now available for students commencing in 2021. We welcome prospective families to come in and discuss the opportunities that secondary education at Mount St Bernard College can offer.

The college strives to provide quality, personalised education through;

- Faith and values based learning environment
- A holistic education - academic, spiritual, social, emotional and physical development
- Welcoming and inclusive environment
- Safe and caring environment
- Sense of belonging and community
- Nurturing and development of individuals and their abilities
- Quality learning and teaching
- Broad curriculum options in small class groupings
- Academic, vocational and employment pathways
- Well-resourced and equipped classrooms with full ICT integration
- Development of life-long skills and a love of learning
- Commitment to social justice

Please contact the office or msb.enrolments@cns.catholic.edu.au for further information or visit <http://www.msb.qld.edu.au/documents/enrolment.html>

MOUNT ST BERNARD COLLEGE CENTENARY CELEBRATIONS



SAVE THE DATES

5TH FEBRUARY 2021
CENTENARY YEAR COMMENCEMENT
MASS AND COMMISSIONING OF
2021 SCHOOL LEADERS

24TH - 26TH SEPTEMBER 2021
CENTENARY WEEKEND

MORE DETAILS COMING SOON

TO REGISTER YOUR INTEREST
PLEASE EMAIL

msbcentenary@cns.catholic.edu.au



Assistant Principal - Student Wellbeing Report

The wonderful thing about positivity is that it doesn't just affect one area of your life. It affects every area. Positivity makes it easier to achieve your goals. That's because when you're in a positive frame of mind you can make better decisions. You can look ahead and plot a course, rather than just reacting your way through life's setbacks. Here are 5 reminders about the importance of a positive attitude for students.



Mr Dan Niemerg

It's easier to ask for help when you're feeling positive. This means that when you see an obstacle in your path, you're more likely to reach out to a teacher or parent for advice.

Positivity boosts your overall health by lowering your blood pressure and heart rate. When you are experiencing negative emotions like anger or fear your body produces adrenaline which is great to fight or flight but not so helpful if you have to turn in an assignment or take an exam.

Positivity can help you take risks and try new things in the classroom and at home. For example, if you experiment with guitar lessons and discover that you love the instrument or might try a new sport and discover it to be your favourite exercise.

Of course, being positive and taking risk doesn't mean everything will turn out the way you want or might have hoped. Students who learn from their mistakes can still focus on the positive side of things. Maintain a positive outlook and appreciate the valuable lesson.

It's easy for students to get focused on everything that's wrong in the world and it's tempting to spend your time looking at what everyone else has. But all of that wishing and jealousy is just another form of negativity. When you choose to embrace positive thoughts and focus on the things you're grateful for and successful at, you stop comparing yourself. Instead you can see all the amazing things around you – like your teachers, friends and family.

Dan Niemerg - Assistant Principal - Student Wellbeing



Residential News



Mr Scott Whitters

Dear Parents, Carers and Friends of MSB

As you are aware, many families are now preparing for a return to boarding after a lengthy break. Preparing your student for a return to boarding school is not just about buying back to school supplies. Returning to MSB and adjusting to a rigid schedule can be emotionally trying, even for experienced boarders (and their parents). For students to be ready to learn, they need to feel as if they are in a safe space, both physically and emotionally. Our experienced staff recognise that this transition can be stressful for many families and are ready to assist.

Once your student has returned to MSB and has settled back into their room, our house parents and wellbeing team will spend time listening to every student, helping them make connections with others and assisting them with creating their own support systems in boarding and throughout the day school.

Most people are familiar with the feeling of homesickness, but sometimes that uneasy feeling has nothing to do with being away from home and more to do with feeling uneasy about change. This transitioning might actually start at home with students becoming agitated when beginning to pack or having conflict with their parents or siblings all because they are nervous about the change that is about to happen. All these feelings are completely normal, and as we return to school, it is important for students and families to consider the following strategies:

Advice for students:

Get Involved

It is most important that students move out of their bedrooms and interact with other students outside. Physical activity is a great way to distract yourself from home sickness and creates positive chemicals within the brain that promote resilience.

Have a scheduled phone call time

Almost all students have mentioned that having a scheduled phone call to say "goodnight" is a really helpful strategy. This is often best after study and it helps students to relax and get ready for bed. Having a scheduled time allows students to prepare for the call and think about what they want or need to share during the conversation.

Advice for parents:

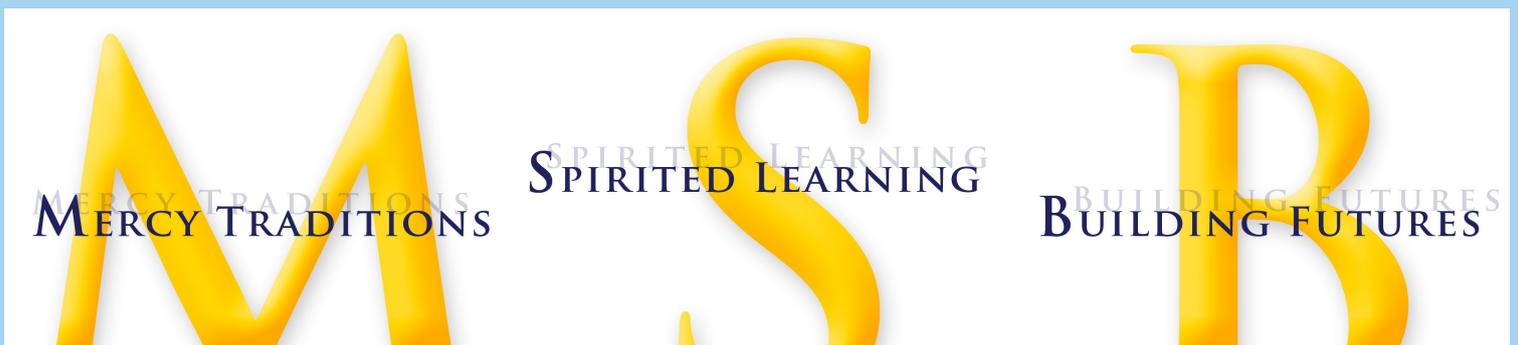
Send care packages

Students often comment on how significant care packages are from their family or hometown. Care packages can include snacks, magazines, photographs and letters from the family. It is important for students to feel that they are still part of a family or community when they are away at boarding school. In an age where we can send updates or pictures immediately, sometimes it is nice to have something physical that you know someone spent time thinking about and putting together just for you.

Contact with staff at MSB

It is especially important for families and carers to read all correspondence from the College and make time regularly to touch base. Often, we only get to chat with families when we are reporting negative experiences. It is beneficial for families and staff to chat about all experiences, in particular, celebrating successes and milestones. I encourage all families to communicate regularly with College staff about their students progress and life at MSB.

Scott Whitters - Assistant Principal - Residential



Assistant Principal - Mission

Mercy Spirituality Snapshots—Lourdes Grotto

As a way of preparing for our college's Centenary next year, I periodically include in the Mission segment of our newsletter snapshots of Mercy history and spirituality, especially where these have shaped MSB's history over the last 100 years. In this fortnight's edition, we focus on that curious landscape feature at the front of the Convent building (now the College Reception) resembling a rocky cave with some plants and a couple of statues. It is known as "The Grotto" or "The Lourdes Grotto" and the story behind it can be for us today as much as a spiritual support as it was to those earlier generations who built it.

The scene within the grotto recalls an event at a place called Lourdes, France, back in 1858. A young local girl by the name of Bernadette would go out to collect firewood in the surrounding countryside for her family. This one day, a woman mystically appeared to Bernadette from within a cave. Bernadette recognised the woman as Mary, the mother of Jesus. At one point, Mary instructed Bernadette to dig into the ground near the cave. As she did, a spring of water emerged and after the mud cleared turned out to be the purest water around. The water was given to medical patients at the time after which many of them reported to be healed. To this day, over 150 years later, people of faith have made pilgrimages to Lourdes to seek God's comfort and healing. Often this healing is in one's heart and occasionally there are also reports of physical healings too.



Deacon
Michael Lindsay

For us at MSB today, our Lourdes Grotto represents a place of healing. Taking a moment in peace and stillness to pray with the support of Our Lady of Lourdes, we have faith that all things are in God's hands and that with God's help we can look with confidence to his healing love. Moreover, Lourdes calls **us** to be agents of healing for others - with our ears we listen to others in need; with our eyes we notice and respond to others in need; with our hands and feet we lend support to those in need of our help; and with our hearts we pray to God for those in need of our prayers. ***In whatever we do at MSB, we all are called to be streams of Lourdes for those around us—that is the Mercy spirituality in practice.***

Our grotto was built in the 1920s, shortly after the main convent building was constructed. For most of its history it was lush with plants and a water feature to boot; but in recent years it had become just a concrete shell with some statutes. Refurbishments have been carried out by staff during the quieter COVID-19 time, including new plantings and a new water feature. Of particular note: the plants lining the top of the opening are Cooktown orchids which recalls that the founding Sisters of MSB arrived here from the first Motherhouse in Cooktown. In time, these new plantings will fill out the space better and it will again be a living, peaceful and prayerful place on campus.

Blanket Drive for the Homeless

The donations of blankets—and also flannelette shirts—from members of the MSB family has been inspiring. We have so far taken two whole car-loads of blankets and shirts to *Wheels of Wellness* and a third load is growing in my office. We'll wind up this drive as the term draws to a



close so if you haven't already, please consider making a donation to this worthwhile cause. Blankets can be dropped off either to my office or to Student Reception or even the College Chapel doors.



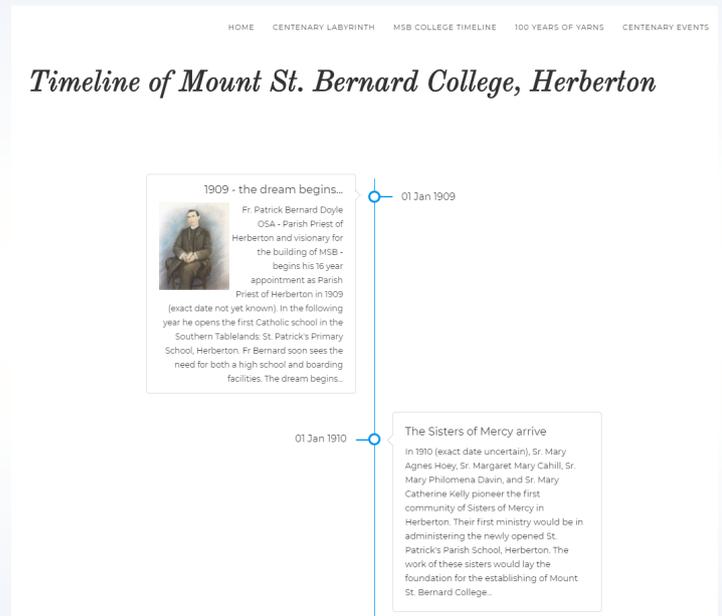
Centenary Website

Research and preparations are in full steam as we pass the half-way mark of this year. Only six more months to go until we start the first of our centenary year celebrations: the College Commencement Mass; however, the big celebrations of the Centenary Weekend will be a little bit later in the year: 24th—26th September 2021. But time is zipping along quite rapidly.

We will very soon launch a specially dedicated MSB Centenary website; hopefully by the end of this term. This website will offer an extensive range of pages including:

- Information on planned centenary events
- Interesting historical information and images
- Stories and memories via our *100 Years of Yarns* page. Importantly, this will include an embedded recorder so that past students and staff **anywhere in the world** can record and submit for upload their own memories of MSB.
- The opportunity to be remembered forever with personalised pavers in our Centenary Labyrinth, currently under construction.

The Centenary website is shaping up to be the essential starting place for getting involved in the MSB Centenary 2021. Stay tuned for an announcement once the website goes live...



MSB Heritage Rooms (Museum)

Finally, an ongoing reminder that if you know of any past students of MSB (or are one yourself) and have items of historical interest from their/your time at MSB and they/you are willing to lend or donate them to our Heritage Collection please make contact with Hillary O'Brien via msbcentenary@cns.catholic.edu.au or by contacting the College Reception.

Deacon Michael Lindsay - Assistant Principal - Mission

Careers and Vocational Pathways

Careers

A different way of looking at the 'What Do I Want To Do Question'

Asking questions about career direction in the right order is essential for positive outcomes. Understanding that all of your “doing” will take care of itself if you settle the issue of “being” first. [Tim Elmore](#) suggests that the following questions should be considered before ‘what I want to be’.

1. **Who:** Who do you want to be? What kind of person are you becoming?
2. **Why:** Why do you even exist? What will be your purpose?
3. **What:** What do you plan to do in light of this? What will be your work?
4. **When:** When will you be ready to start? Are you ready to take a first step?
5. **Where:** Where is the best place to fulfill these goals?

Wise people know to prioritize “who” before “what” and “why” before “what.” Today's society pushes us to produce, to get results, to make money, to appear successful ... but knowing yourself well and liking yourself is more important.

Job Spotlight

Diesel Motor Mechanic

Diesel Motor Mechanics maintain, test and repair diesel motors and the mechanical parts of trucks, buses and other heavy vehicles such as transmissions, suspension, steering and brakes.

Weekly pay approx. \$1436.00 for 46 hour week

7,800 workers—94% full time employment

Medium skill level rating

1% of this workforce are female

Myskills will show more information about training to be a Diesel Engine Mechanic <https://www.myskills.gov.au/courses/details?Code=AUR31516>

Careers & VET News

Year 12 students will be thinking about their future, go to work, have a holiday, go to further studies. Sometimes we just don't know what we want to do. The following is a table of how school qualifications, VET qualifications and others can contribute to access to university studies. This is not only for students with University as a direct pathway but also for students undertaking VET courses. For example, a student might undertake Certificate II in Community Services at school, they may undertake Cert III in Community Services at TAFE. A TAFE Qld Pathways to University 2020-2021 can be found on the Careers Padlet. or <https://tafeqld.edu.au/study-with-us/university-pathways.html>

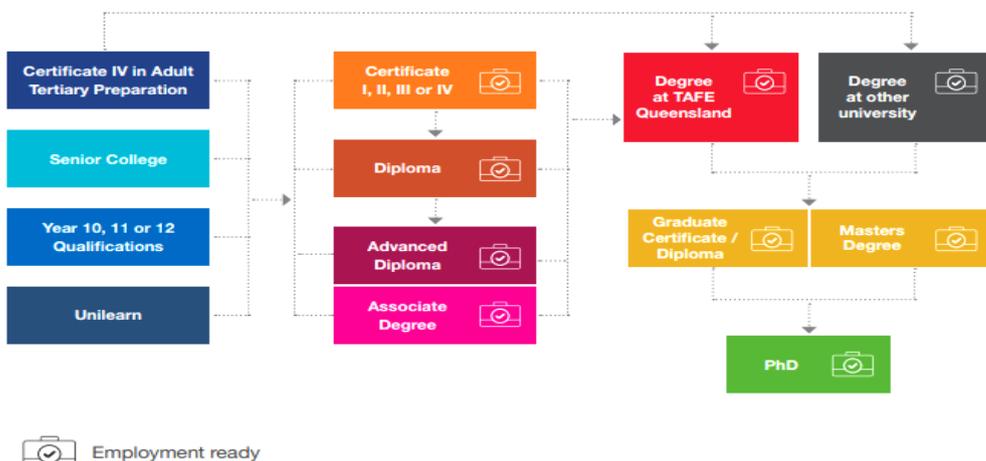


Apprenticeships and traineeships

[Apprenticeship Support Australia](#) services are focused on lifting apprenticeship commencement and completion rates by providing support at every stage of the employment cycle. Job seekers, school students and apprentices can all receive ongoing support including career advice, job matching, and ongoing mentoring. Visit the [Apprenticeship Support Australia website](#) and clicking on 'Apprentices' you will find information about apprenticeship wages, get free career advice, qualifications, apprenticeships that might suite you, school-based apprenticeships, how to get started, where you will study, advice and support and more. On the site, you can also schedule a free career consultation with a [career adviser](#).



ARTICULATION PATHWAYS



Skills you may not know about

It is hard to find information about jobs and skills. [Skills1NETv](#) is a site where you will find hundreds of videos about getting a trade or skills. Some short clip videos that you can access now are:

[Pin Curling](#)

[Cookery](#)

[Retail](#)

[Specialised Makeup](#)

[Farm Management](#)

[Vet Nursing](#)

[Electronics](#)

ART NEWS

Desphina working in the Moa Arts Centre. She took her lino-print home and is currently working with some of the best Torres Strait Islander printmakers in Australia. She is learning how to create a registration sheet, ink up her lino and use the printing press. Next week Desphina will learn about the reduction method in printmaking. Enjoy the photos.



Traylea Sexton - Middle Leader—The Arts



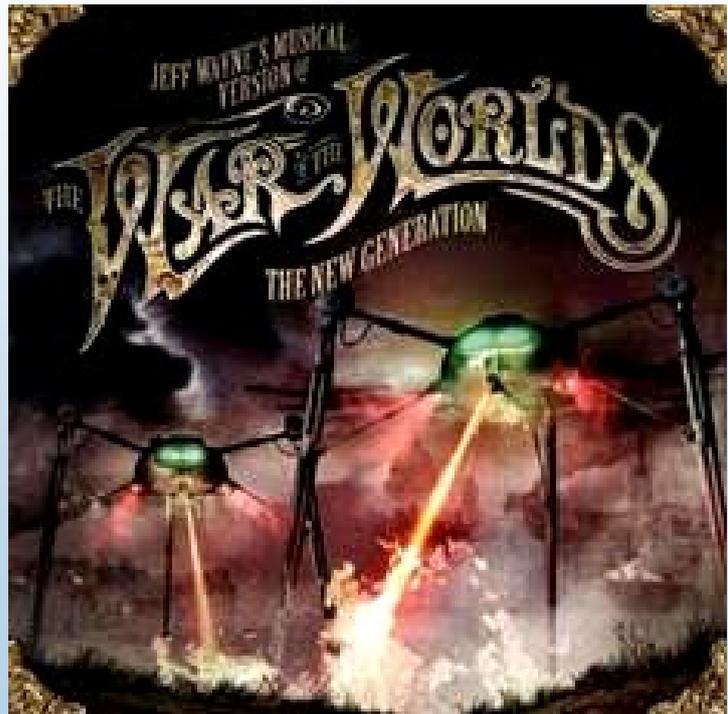
Year 10 English - Science Fiction

The 10B English class will be working on a new Unit of Science Fiction. Mr Pearson has been putting together a lot of fascinating resources related to one of the earliest books of Science Fiction, H.G. Wells' "War of the Worlds". While this novel was written in the latter stages of the Industrial Revolution (1896), it has been made into a number of films— the latest in 2005 starring Tom Cruise - and a range of other texts like comics and radio presentations.

One of the most famous radio broadcasts of all time occurred in 1930 when Orson Welles presented the landing of a Martian spaceship on Earth as a "real" event which brought about mass hysteria in America.

Mr Pearson is hoping this new unit of work in the Year 10 class will pique the interest and imagination of the students, encouraging them to think about future technology in our lives.

Ray Pearson, English teacher



MATHEMATICS & SCIENCE NEWS

Maths and Science classes have been slowly returning to normal activities over the past two weeks. Science classes have returned to the Laboratories with year 8 undertaking microscope activities. Junior Maths classes have returned to numeracy blocks whereby the 2 classes are broken down into 5 smaller groups to ensure the numeracy intervention is more targeted to the needs of the students. Senior students have resumed their assessment items and are fast catching up to where they need to be at this time of the year.

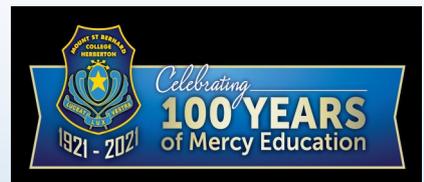
Parents of senior students are encouraged to contact the school if they feel that their child is under more stress than usual when completing assessment items. We will then work out a course of action to support the student during the time of the assignment.

Parents of year 7 to 10 off-campus students are also encouraged to return the work booklets for Maths and Science back to the school so that they can be marked and feedback given to the students. This feedback may be sent by email or given to the students verbally when they return to the school in term 3.

Finally we welcome Ms Nicola Chambers and Mr Kieran Ryan to the Maths and Science Departments. These 2 young teachers add to the strength of our team so we warmly welcome them to our MSB family.



Mr Malcolm Fahey



SAVE THE DATES - IMPORTANT DATES IN 2020

Thurs 25th June 2020 (Week 10 Term 2) - End of Term 2 at 3pm

Fri 26th June 2020 (Week 10 Term 2) - Boarders Travel Home Day - MSB Office Closes for Winter School Holidays

Winter School Holidays - 2 weeks from Fri 26th June - Mon 13th July 2020

Mon 13th July 2020 (Week 1 Term 3) - Boarders Travel to School Day - MSB Office Re-Opens

Tues 14th July 2020 (Week 1 Term 3) - All Classes commence Term 3

22nd - 24th July 2020 (Week 2 Term 3) - Year 8 Camp at Echo Creek Adventure Centre