



Mr Ian Margetts
Principal

18th September 2020

Principal's Report

When things go wrong, resilience is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before.

Resilience can also be described as:

- Bouncing back after difficult times
- Dealing with challenges and still holding your head up
- Giving things a go or trying your best
- Being strong on the inside
- Being able to cope with what life throws at you and shrug it off
- Standing up for yourself
- Getting back into shape after something difficult

<https://kids helpline.com.au/>



This term has certainly required our community members to show a tremendous amount of resilience – and they certainly have!

There have been many challenges from the worries of sickness to social distancing, stronger and smarter than before! Despite the challenges the learning journey has continued! Congratulations to all the staff and students who made it work!

Similarly, our Year 12 students will be a graduating class like no other after a year of unforeseen disruption. They will still graduate and the whole community (parents, carers, extended family, friends and staff of the College) will certainly be very proud of this wonderful achievement!

Just a reminder, our key events for our Year 12 students include:

- Wednesday 21st October - Presentation Night
- Thursday 22nd October - Year 12 Graduation Liturgy
- Thursday 22nd October – Year 12 Formal

With our Year 12 students finishing formal classes early next term (under the new QCCA senior secondary system), we have brought our student leadership processes forward. On Friday, I spoke with the Year 11 students about the role of a student leader and the importance of it to harness the student voice and to work with staff to continue to grow the Mount St Bernard College community. The students who fill these positions are also expected to be positive role models for all college students. Students were given an information pack and asked to consider over the break whether this was something they wished to apply for next term.

A process of discernment for students, families and staff will include the following:

- Complete the nomination form, returning it to the Principal by 3pm Thursday 8th October (Week 1 Term 4)
- Nomination form are displayed outside Library - Friday 9th October – Wednesday 14th October (Week 2 Term 4)
- Voting by Year 10, 11 and 12 students and staff - Thursday 15th October (Week 2 Term 4)
- Interviews by panel - Friday 16th October (Week 2 Term 4)
- Offer of position to successful candidates - Monday 19th October (Week 3 Term 4)

The College wishes all our community a restful and rejuvenating holiday break and we look forward to seeing everyone again in Term 4.

We thank you Lord, for this term.

For the challenges, the successes, and the mistakes from which we have learnt.

Keep us safe in our activities over the break; give us good rest and good fun.

Bring us back refreshed and ready for a new term.

We thank you for our classmates, teachers, parents

And a community that cares for us.

May we always be conscious of you in our lives.

Amen

Mr Ian Margetts - College Principal



Assistant Principal Mission Report



Deacon Michael
Lindsay

Centenary Updates & Feast Day

It's an unfortunate reality with the way modern school holidays fall that both the anniversary of our college's official opening and the feast-day of the Sisters of Mercy (24th September—the feast of Our Lady of Mercy) occur during our Queensland school holidays each year. But next Thursday, 24th September (feast of Our Lady of Mercy) our College officially turns 99 years old and the count-down begins to our centenary celebrations next year—365 days to go...

A religious community's "feast-day" could be described as the closest thing to a "birthday" for the community and holds great significance: it celebrates *both* the founding of the Sisters of Mercy *and* the heart of who we are as a community of Mercy.

Even though our college's anniversary and feast-day occurs during the holidays, I invite you to take a moment next week—**on Thursday 24th September**—to pause and give thanks for all that God has blessed us with through the Mercy charism, both past and present, at MSB. And also, the count-down to centenary celebrations begins. Details about the various events and celebrations for MSB's centenary next year can be found at: <https://www.msb.qld.edu.au/centenary>

As our Mercy feast-day approaches, I share below from the website of the Sisters of Mercy: (1) some points for reflection on what Mercy charism means and (2) a short prayer of re-commitment to the Way of Mercy. Each year on the feast day of Our Lady of Mercy, the Sisters of Mercy each year recommit themselves to their Mercy mission and vows through a similar prayer: may Our Lady of Mercy continue to guide our hearts in the Way of Mercy.



Sculpture of Our Lady of Mercy (Dublin)
that inspired Catherine McAuley when
founding the Sisters of Mercy

On this day we particularly remember:

- That Mercy is an attribute of God who pours mercy-love on those who call it forth by their very need – sheer gift!
- That we must be empty to receive God's mercy, even as Mary was empty enough to receive its full flow within her.
- That having experienced mercy ourselves enables us to be mercy for others.
- That the opening of the first House of Mercy began a particular wave of response to need that rippled out beyond Dublin, beyond Catherine and her time, to our own. All drawn to Mercy after Catherine's example are custodians of a powerfully providential charism.

And so we pray:

Mary, Mother of Mercy,

across the ages you stretch out your protective mantle to those most vulnerable

and whose need cries out for justice and mercy.

Show us, in these our times,

how to empty ourselves to receive God's mercy as you did,

so that we too can shelter and enable those without voice or power.

We pray this in Jesus' name. Amen

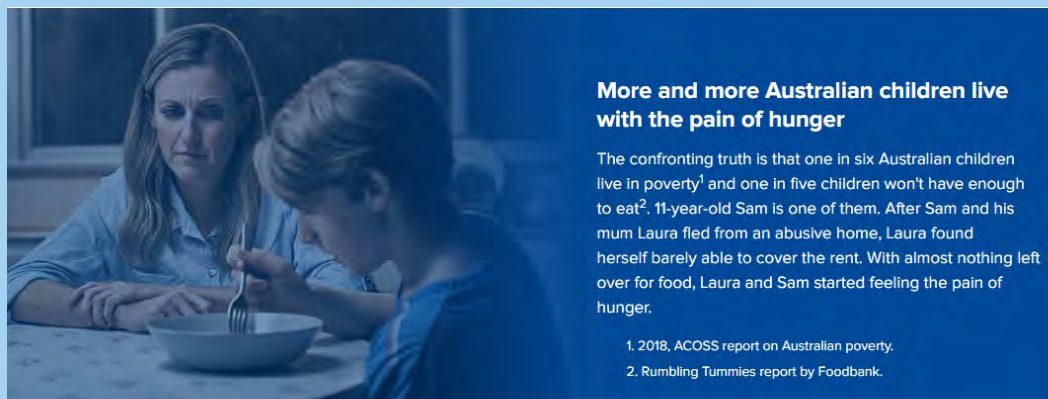
Looking Ahead: St. Vincent de Paul Christmas Appeal, Term 4

Each year during Term 4, Catholic schools and colleges across Australia collect items of celebration food, children's gifts and decorations to support St. Vincent de Paul's annual Christmas Appeal. MSB will join in supporting this worthwhile effort for our local communities and so please start giving thought to items of non-perishable food & drink and children's gifts and Christmas decorations that you might be able to donate in support of this cause.

God-speed, Keep Safe, and Enjoy the holidays!

With available flights still scarce due to COVID-19, most of our boarding students had to return home early in the last week of school. So, with our whole college liturgy last Friday being the last time this term that the college would be gathered together we took the opportunity to wish each other safe travels and good times with loved ones and friends over the holidays.

So for each one of us, wherever we go and whatever we do: may we be kept safe and find time to relax and enjoy good times. And may we all return refreshed for the final stretch next term. God bless!



More and more Australian children live with the pain of hunger

The confronting truth is that one in six Australian children live in poverty¹ and one in five children won't have enough to eat². 11-year-old Sam is one of them. After Sam and his mum Laura fled from an abusive home, Laura found herself barely able to cover the rent. With almost nothing left over for food, Laura and Sam started feeling the pain of hunger.

1. 2018, ACOSS report on Australian poverty.

2. Rumbling Tummies report by Foodbank.

You can help a family put food on the table this Christmas

You can help families like Laura and Sam's and provide assistance with food. Your donation today will give the gift of freedom from hunger to thousands of Australian parents and their children. Can you think of a better present than that?

"I had no idea how I was going to feed Sam. I was in despair. It was such an amazing relief to know that someone really cared." - Laura



Deacon Michael Lindsay - Assistant Principal Mission

Assistant Principal Student Wellbeing Report

Now it's time for a break. While the year isn't over yet, we can still manage to see light at the end of the tunnel.

With Term 3 finished everyone needs to use this time to relax and rejuvenate. I am sure many will not struggle to relax, but for those who might... I have prepared a few things to help.

- Plan to have time to yourself over the holidays. Do a few things by yourself.
- Connect with family and friends.
- Get plenty of sleep. Try to avoid staying up all night and sleeping all day. It won't prepare you for life back at school and you will struggle.
- Eat well and make healthy choices.
- Identify your safe places and people and make sure to use them if needed.



Mr Dan Niemerg

Mr Dan Niemerg - Assistant Principal Student Wellbeing



Residential News



Mr Scott Whitters

Name: Sonya Frost

Position: Residential Administration Officer / Casual Senior Supervisor

What interests do you have outside of school: There are so many although often I don't get time for them all but I love the following:



Netball Coaching (my playing days are now over)

Painting – folk art style 🧑🎨

Drawing with pencils

Succulents - this is a new one for me, I already have so many but still wanting so many more.
(Ssshhhhh, don't tell my hubby)

Wood carving and relief work

Camping (going to visit the Cape these school holidays, keep an eye for me and my family)

And lots of different crafts

How long have you been at MSB: This is my 11th year at MSB. I must be loving my job to be here for this long. I think it is the longest I have been at any job. Some things you just cannot part with. 🧐

What do you love about your job: I love the relationships I build with the students. I love to see them smiling and laughing when they come home from school. I also love that my job is a little different every day.

A memorable moment: This would have to be the Confraternity Netball. I first coached the MSB team in 2018 where we travelled to Townsville for our first experience of QISSN/Confraternity Netball. Although the girls were very nervous they did the MSB community proud. This first year we did not win any games but we came away with a trophy to recognise the great sportsmanship our team had. Then in 2019 we travelled to Bundaberg with some new faces and some from the previous year. These girls played an awesome competition with a few wins under their belts.

A very proud Coach two years running. Lets hope we have another team for 2021.

A funny thing that has happened: Me of course. 😄

But seriously, I remember when we were at Confraternity Netball the first year. The girls came off the court from playing one of their best games. They didn't win but they all put 110% in and played their absolute best. I was so proud of them. We came off the court to gather and I was in tears of joy and pride. The girls couldn't understand why I was crying but they all thought it was hilarious which made me laugh too.

Your dreams for MSB: I would love for MSB to continue growing and to continue producing amazing young people who will go off into the world to do their own thing and mark their place in the world as someone special that their peers can look up to.

'Logic will get you from A to B. Imagination will take you everywhere' – Albert Einstein.

Name: Lorraine Muckan

Position: Pastoral Care Residential.

How long have you been at MSB: My 10th year. Starting off in the MSB kitchen, then as a "stay awake" overnight supervisor, in boarding then, a supervisor, until 4 years ago, I became the Residential Pastoral Care person.



Other Interests: As a local Aboriginal Elder, I sit on 5 committees, 4 Indigenous/1 Non Indigenous, each one I am equally very committed to. Recently joining the RAP "Reconciliation Action Plan" in Atherton. I do volunteer work/online reading children's books. I hold a Mini Markets, where I help less fortunate people, in our community. Am a mother of 3 adult children/5 teenage grandchildren/3 great-grandchildren.

What do you love about your job: Love working with the diversity of our college student population I am honoured that their parents entrust them into my care while they are at MSB. Over the past (back in the day) I also took care of many of my current students' parents. Most students, call me "Aunty" or "Akka", which is okay by me.

A memorable moment: One night as the "Stay awake person" at Morrissey, Jude Koehler who was on duty was about to retire for the night. We both realised the alarm system, was down, and not working. The trooper "Jude" was got her mattress, put it across the front door of Morrissey, where she, laid down, blew me a kiss, "goodnight darling" and spent the entire night. There was no arguing with her.

A funny thing that has happened: As it gets close to bed check time, our girls often request a prayer. (All fine before this) One night about 3 of us sat in the common room, where we all said a prayer. However during this time, one of the girls, decided to go "walk about" visiting all the other rooms/pods. Then seated herself back in her seat, with her head hung respectfully, and said "Amen" as we all concluded the prayer. A few days later another supervisor mentioned what had happened, during our prayer time. After this we had much shorter prayers at bed check time.

Your dreams for MSB: Continue in the Mercy Tradition, also our students bringing their talents, and culture. Helping/seeing / welcoming our future students, who will one day be leaders, in their own communities/ and the wider community.

HPE NEWS

What we have been up to this term:

Our Certificates II in Sport and Recreation this term has been busy completing an equipment and maintenance unit. This taught the students how to look after, clean and maintain equipment such as basketballs, netball rings, gym equipment, soccer goals and skipping ropes. They have gained a great skill of cleaning practices that are required for future employment in any industry the students choose. Gidieon and Anita did a great job during this term, Well done.



Mr Ryan Mawdsley



Year 9 Sport and Recreation:

During this term students have been designing a game and then presenting their game to the class. With a bit of research and encouragement students were able to come up with a game they liked. Games created were pony express, basketball, dog and bone, dodgeball and volleyball. It was fantastic to see students getting in front of the class explaining their games rules, getting the equipment out ready, organising teams and giving feedback to players. Students encouraged their peers as they presented as it is always hard to be in front of your peers. Students had plenty of laughter and fun during all games played. I'm proud of the efforts of all students delivery and their work this term. Looking forward to our officiating unit in Term 4.



Ryan Mawdsley - Middle Leader HPE



YEAR 9 EXPEDITION

2020 Year 9 Expedition Emerald Escape Camping-Davies Creek National Park

Year 9 students participated in a four-day Expedition in the Davies Creek National Park and Emerald Escape camping area. Students were fully self-contained carrying all their equipment and food along trails and 4wd tracks within the both parks. I would like to share with you feedback students gave me on completion of the expedition.

"Practical skills I learnt included setting my tent, cooking my food, navigating, helping others, packing my pack and staying clean." The view from the summit of Lambs Head was amazing". I learnt team building skills and how to compromise with my team and help others." "I found the 20 Km walk on day 3 very hard and mentally/physically challenging:" "I learned that I can do anything when I put my mind to it." "I have more ability than I ever realized"

Some of the beautiful things I saw included:

"Waterfalls, the habitat and natural surrounds".

"Drop offs and the views"

"Beautiful creeks with clean flowing water"

"The bright stars at night"

"Sitting around the campfire chatting away"

"The different Biomes, their features, and all the natural plant life."

This year's expedition took place in a new area and by the sound of the feedback it was a very successful journey.

Many thanks to the staff, Ryan Mawdsley, Sarah Riber, Kieran Ryan, Warren Part and Ian Margetts for their



Mr Mike Tolley



Mike Tolley - Expedition Co-ordinator



MATHS AND SCIENCE NEWS

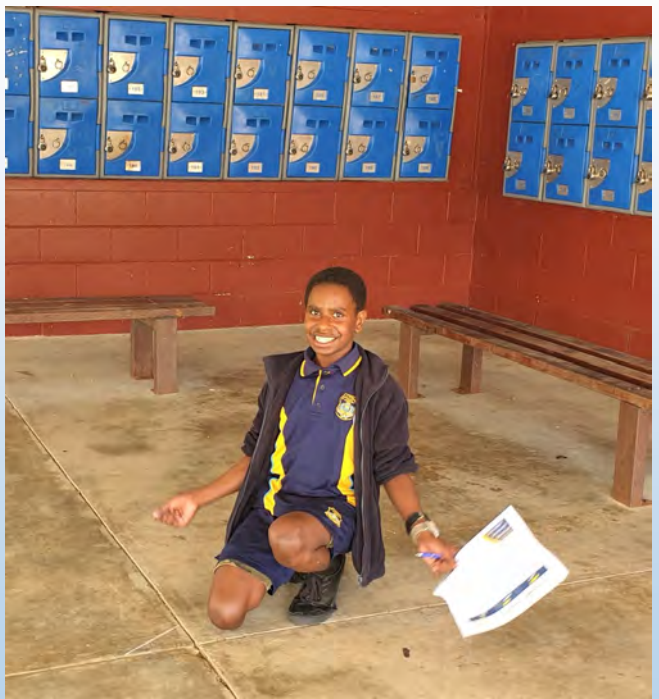
This term 7A students have been studying Geometry. In one activity, students drew triangles of various types and sizes, and then measured them to test the rule that all triangles have 3 angles that add to exactly 180° . Students also used the Ipad to create videos showing the different types of quadrilaterals and their special properties.

Parents of senior students are reminded that both year 11 and 12 students will be completing semester or year exams in weeks 3 and 4 next term. It is never too late to study. A practice of an hour a day for each subject between now and when their exams are due would put each student in a position to confidently address the exams.



Mr Malcolm Fahey

Malcolm Fahey - Middle Leader - Maths and Science



ART NEWS

Dragon Dreams

This term, students explored the elements and principles of design through a variety of drawing and painting techniques and processes. We have evaluated how artists from different cultures, times and places have portrayed dragons in visual imagery. Miss Tray discussed Mythical and Chinese dragons to help generate ideas and we also watched 'How to Train your Dragon'.

Traylea Sexton - Middle Leader—The Arts



Ms Traylea Sexton



ART NEWS

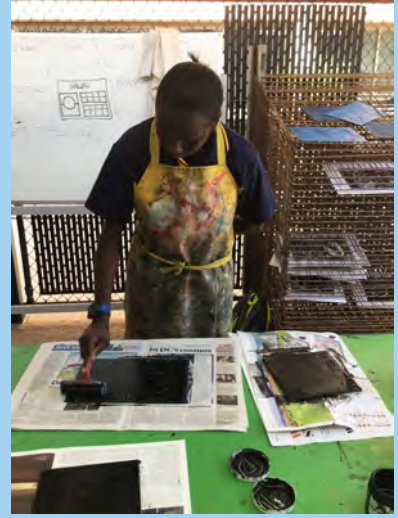
Year 8 - Term 3 - Printmaking

In less than one year's time, there will be an influx of old girls (and old boys), remembering what it was like to be a student or teacher at MSB, when we celebrate ...***The Centenary***

As there already exist a number of photos of previous staff, students were given the task of printing **their photo** with a **previous staff member**. Most hands-on tasks are leapt upon with full vigour, and this exercise was no different. Here are some of the "acts of completion"



Ms Julia Cazita-
Mazeaud



Job Spotlight

ICT careers resource

The ACS Foundation has a [Careers Foundation web-site](http://www.careersfoundation.com.au) www.careersfoundation.com.au with an interactive career wheel. Using this wheel, you can explore careers in ICT sectors involving the following sectors: *Software, Hardware, Security, Specialties, Digital Design, Content, Industry & Marketing/Consulting sectors.*

Careers in Allied Health

Allied Health is the biggest and fastest growing industry areas in Australia. According to Allied Health Professions Australia, allied health professionals comprise the following: *Arts therapists, Audiologists, Diagnostic Radiographer/Medical Imaging Technologist, Chiropractors, Dietitians, Exercise Physiologists, Genetic Counsellors, Music Therapists, Occupational Therapists, Optometrists, Orthopedicians, Orthotist/Prosthetists, Osteopaths, Perfusionists, Physiotherapists, Podiatrists, Psychologists, Rehabilitation Counsellors, Social Workers, Sonographers and Speech Pathologists.* Read more about allied health professions at—www.ahpa.com.au/allied-health-

QTAC & Tertiary Entry

Key Dates for QTAC!! — www.qtac.edu.au/key-dates/

Educational Access Scheme (EAS)

The EAS provides adjustment factors for applicants who have experienced circumstances negatively affecting their studies. When applying for this scheme, it is important to be aware of the following:

- You lodge your documents for this scheme electronically through your QTAC application
- A relevant cover sheet *must* be completed for each EAS category you apply for
- In the [Financial Hardship category](#), a current financial year's Income Tax Return is required in addition to other documentation
- Applicants who have experienced disruption due to leaving foster care/out-of-home care are encouraged to apply in the 'Home Environment and Responsibilities' category. There is a separate tick box on the cover sheet for this situation, with an additional section to indicate that the applicant is willing to be contacted by institutions about available support.

Vet News

What about apprenticeships & traineeships?

Apprenticeships and traineeships are often viewed as less prestigious but there can be substantial benefits for those who take this pathway.

Results from a [recent survey](#) show that [completing an apprenticeship or traineeship](#) can really pay off:

- **87.7%** of apprentices and trainees who complete their training are **employed** afterwards
- Completers who secure full-time work earn a median annual income of \$59,600, which is \$12,700 more than those who don't complete.
- Outcomes are even better for those who complete a trade apprenticeship, with 91.5% employed after training and 84.2% in full-time work with a median annual income of \$62,800

[Another report](#) shows that students who undertake school-based apprenticeships and traineeships are among the most likely to be in full-time permanent employment five years later.

Australian Defence Force

Women in the Australian Defence Force (ADF)

The Defence Jobs website has a section dedicated to Women in the ADF—<https://www.defencejobs.gov.au/about-the-adf/women-in-the-adf> This site looks at equal career opportunities, lifestyle, flexible working conditions, family support and short commitment options for women.





GIRLS & BOYS DAY &
BOARDING SCHOOL
YEARS 7 - 12
LET YOUR LIGHT SHINE

Let's start fresh!

BOOK YOUR PERSONAL TOUR OF THE COLLEGE TODAY
WWW.MSB.QLD.EDU.AU PH: 4096 1444

Is a Catholic school right for your child and your family?

- Faith and values based learning environment
- A holistic education - academic, spiritual, social, emotional and physical development
- Welcoming, inclusive and family-oriented environment
- High standards of behaviour and respect for self and others
- Safe and caring environment
- Sense of belonging and community
- Nurturing and development of individuals and their abilities
- Quality learning and teaching
- Strong academic reputation
- Broad curriculum and co-curricular options
- Academic, vocational and employment pathways
- Well-resourced and equipped classrooms with full ICT integration
- Development of life-long skills and a love of learning
- Strong links with parents and community
- Commitment to social justice
- Preparation for a life of worth, not merely a life of work

Does my child have to be Catholic?

Your child does not need to be Catholic to enrol at a Catholic school and there has never been a defined percentage of Catholic and non-Catholic students that a school must enrol. In fact, Catholic schools in the Cairns Diocese have large numbers of students from non-Catholic backgrounds and are welcoming to all who seek and support their values.

When should I apply?

Apply now for 2021 – to apply visit <http://www.msb.qld.edu.au/documents/enrolment.html>

School tours available any time by appointment – contact

Hillary O'Brien at the College by phone – 07 4096 1444 or email msb.enrolments@cns.catholic.edu.au

Are Catholic schools expensive?

Catholic schools remain an affordable option for most families, and Catholic schools in the Cairns Diocese are surprisingly more affordable than some may realise.

Catholic school fees are comparable with, if not less than, kindy fees and compare very favourably with other non-government / private schools in Far North Queensland (and also Catholic schools in some other parts of Australia).

Fee discounts for siblings and country areas apply and there are generous.

There is also automatic fee concessions for those in genuine financial difficulty.

What if I can't afford it?

Don't let this 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.

www.msb.qld.edu.au



SAVE THE DATES - IMPORTANT DATES IN 2020

Term 3 2020

Fri 18 Sept (Week 10) - Boarders Travel day home—MSB Office closes for School holidays

Term 4 2020

Mon 5 Oct (Week 1) - Queen’s Birthday Public Holiday

Tues 6 Oct (Week 1) - Boarders Travel day to college—MSB Office reopens

Wed 7 Oct (Week 1) - All classes commence Term 4

Tues 13 Oct (Week 2) - Parent Teacher Interviews—Mercy Hall 3.30pm - 6pm

Tues 20 Oct (Week 3) - Years 7 & 10 Immunisations

Wed 21 Oct (Week 3) - 2020 Presentation Evening - Main Hall 6pm

Thurs 22 Oct (Week 3) - Year 12 Graduation Liturgy 10am

Year 12 Formal - Atherton International Club 5.30pm - Arrivals - 9pm. 6.15pm Seated

Fri 23 Oct (Week 3) - Start Date for Year 12 Boarder Travel Home

Mon 26 Oct - Tues 17 Nov (Week 4 - 7) - Year 12 External Exams



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.

Atherton Health Centre	Tuesday 22 nd September	Ph: 4091 0263
Malanda Health Centre	Wednesday 23 rd September	Ph: 4096 5339

2020



**Tickets must
be
purchased
before
16th Oct**

YEAR 12 FORMAL TICKETS ON SALE NOW - \$50 EACH

**PLEASE CALL STUDENT RECEPTION ON PH: 40 961 445 TO PAY BY PHONE
OR CALL INTO FRONT OFFICE DURING BUSINESS HOURS**

FOR FURTHER INFORMATION EMAIL : MSB.OFFICE@CNS.CATHOLIC.EDU.AU