





Mr Ian Margetts
Principal

16th October 2020

Principal's Report

Last week we held our NAIDOC celebrations. NAIDOC Week celebrations are held across Australia each year to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

The theme of this year's Naidoc celebrations across Australia is "Always Was, Always Will Be". Always Was, Always Will Be recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

We acknowledge that Mount St Bernard College is built on Jirrbal Country - the ancestral and sacred lands of the Jirrbal People. We celebrate the First Peoples' unique cultural and spiritual relationship to Country and acknowledge the significance of Aboriginal cultures in Herberton, across the Tablelands and throughout Australia.

Our school was once a beautiful natural landscape and home to the Aboriginal people of this region. We recognise their long history on this land, the education they provided and the care they gave to this land for thousands of years.



Aboriginal and Torres Strait Islander peoples were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers, first artists, first teachers and first students. NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with European contact but the very first footprints on this continent were those belonging to First Nations people thousands of years ago.

Last Friday we embraced the true history of this country — a history which dates back. Due to current health restrictions this was a modified event without visitors and guests but still a very fitting celebration and acknowledgement of our First Nations people. Thank you to the hard work of Miss Brenda, Miss Padaila, Dcn Michael & Kitchen staff.

This coming week we acknowledge the wonderful achievements of our Year 12 students. Under the 'new' Queensland Certificate of Education, Year 12 have their last formal day next Thursday. Students without exams will begin to travel home from next Friday.

We wish all our Year 12 students the very best as they finalise their last assessments and move to the next phase of their lives. We thank them for their contribution to College life over many years and congratulate them on this significant milestone in their lives.

We ask God's blessings on the class of 2020 and their future endeavours
May God's blessing follow them as they find new journeys to travel.

May they walk safely along the pathways of their dreams.

May God's gentle hand guide the decisions they will make and the

passions that they will follow. May their hearts and lives always reflect his love and truth,

And may hope be a light within them that they carry into each new day.

Amen

Ian Margetts - College Principal



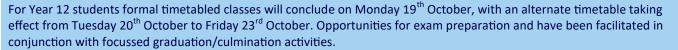


Jessica Clauss and Jonomick Lui – for outstanding commitment to College values by being in the right place at the right time doing the right thing.

Deputy Principal Curriculum & Admin Report

Greetings MSB Community,

With the end of year fast approaching and graduation just around the corner for our 2020 senior cohort, there are a number of activities, events and school processes that need to be finalised.





Mr Matt Brauer

Homeward travel will be arranged for residential students who don't have any External Exams in week 3, after completion of any outstanding assessment.

For students studying a General Syllabus Area, External Examinations will commence in week 4 (Monday 26th Oct). An exam timetable has been provided to all relevant students, which clearly outlines all scheduled exams across the exam period.

Upon the completion of all formal assessment, Year 12 student results will be entered into the QCAA database, which will flow through to the QCAA Student Portal, in which all Year 12 students can access.

Final grades and QCE eligibility will become live in the Student Portal in December.

Students are strongly encouraged to register to the Student Portal and check access levels before completion of studies. Onsite support can be provided to students, as required.

To support both students and parents in the interpretation of student QCE data, some information has been included below.



QCE eligibility and requirements

Students working towards a QCE can choose from a wide range of learning options to suit their interests and career goals.

To be eligible for a QCE, students must:

- have an open learning account
- not have been previously issued with a QCE or equivalent
- accrue at least one credit from the <u>Core category of learning</u> while enrolled at a Queensland school.

To receive a QCE, students must achieve the set amount of learning, in the set standard, in a set pattern, while meeting literacy and numeracy requirements.

Set amount

- 20 credits from learning options, including:
 - QCAA subjects or courses
 - vocational education and training qualifications
 non-Queensland studies
 - o non-Queensland stud
 - recognised studies.

Set standard

 Satisfactory completion, grade of C or better, competency or qualification completion, pass or equivalent.

Set pattern

- 12 credits from completed Core courses of study
- 8 credits from any combination of:
 - Core courses of study
 - Preparatory courses of study (maximum 4)
 Complementary courses of study (maximum 8).

Literacy and numeracy requirements

Students must meet <u>literacy and numeracy requirements</u> through one of the available learning options.

For any queries or concerns related to senior studies, please contact myself via the college phone on 4096 1444.

Sincerely,

Mr Matt Brauer.

Assistant Principal Student Wellbeing Report

It's Term 4 now and many students are hitting the wall. The end of the year is in sight and minds are desperate to start wandering. Did you know that Goldfish has an attention span of 9 seconds? Well, a human's attention span is only 8 seconds! While this sounds crazy we do need to put it into context. As humans we have the prefrontal cortex part of our brains that goldfish don't. This allows for us to plan and have willpower. So here are 6 ways to stay in class AND pay attention to learn.



- 1. First get your mind right. Before your next class, instead of thinking, 'I'm tired.' or 'This class is boring.' Think instead...'How interesting, I get to learn something today!' or 'Today I'm going to stay alert by pretending I'm taking notes.' Come up with whatever thought helps you establish a mindset that works for you and NOT against you.
- 2. Minimise distractions. Choosing to sit in front of the class will help in a few ways. First, it will prevent you from looking at other people and seeing what they are doing. Second, sitting right in front of the teacher will remind you to keep focused. Remember...people pay big money for front row seats at concerts, sporting events and plays. Front row seats are free in school! Use them
- Optimise your note-taking skills. Rather than trying to write everything down, listen as if the teacher is speaking just to you and try 3. to write down the key concept instead of everything the teacher says. Use different coloured pencils or pens and highlighters. Make it look interesting. When you write things down that you hear you automatically create a neural pathway to help remember it.
- 4. **Be active**. Other than taking notes, find a way to be active in class. You can do this by asking questions, answering questions and contributing to class discussions. This will help you understand what is going on and make the time go quicker. Focus on having good posture. Sit up and make eye contact. Focus on maintaining that.
 - Talk to your teachers. Be open to trying to get along with your teacher. Try to interact with them before class, during class and after class. See if you can get to know them. Once you feel a connection you will be more inclined to want to pay attention every time.
- 6. **Be prepared**. When you are not understanding what has happened in class it is easy to get bored or confused. Try to stay engaged. Look over your notes from previous lessons.

Mr Dan Niemerg - Assistant Principal Student Wellbeing





5.

This program will provide students from Years 7 to 10 with important cyber safety education. ThinkUKnow youth sessions will be delivered by Senior Constable Matt Mitchell from the Queensland Police Service. These presentations cover:

- Privacy, security and healthy digital relationships
- Managing time online and safe social media use
- What can go wrong, how to handle challenges and where to go for help.

For more information or to discuss the program contact a member of the Well Being Team at the College or view the program's website: https://www.thinkuknow.org.au/

ONLINE?

Assistant Principal Mission Report

College gathers for the first time since COVID—NAIDOC liturgy

Wow—it seems like a lifetime ago since last the whole college family gathered together for either our Friday liturgies or our Monday assemblies. But with invited guests restricted this year and our COVID Management Plan in place our NAIDOC day of celebration last week kicked-off with a whole College liturgy, together in the Chapel, for the first time since late Term 1. It was so great to be able to gather in a real way again and to sing songs, offer prayers and even have a few laughs, like we used to. Of course, though, appropriate COVID rules applied and no external guests were present.



Deacon Michael
Lindsav

Apart from some scripture and a special message about recognition, respect and reconciliation for Indigenous Australians given by a Aboriginal Christian leader (via Youtube), towards the end Deacon Michael put a very different spin on the traditional blessing of everyone with holy water... Looking out the window at the brown grass that signifies the Dry Season we're in right now, Deacon Michael suggested that the sprinkling of holy water is like the rains that soon come to start the Wet Season—suddenly grass springs to life; trees start sprouting shoots of new growth, creeks and dams fill up with water, frogs croak like there's no tomorrow... The blessing with holy water could be seen in a similar way—receiving God's grace and blessings to spring in us: new life, joy, abundant growth, freshness and refreshment. May all of us Australians, indigenous and non-indigenous, be *for each other and for everyone* like those Wet Season rains that break the Dry Season and bring about new life, joy and growth.



Upcoming Significant Mission Events:

Next week, on Thursday morning, we will again gather for prayer, praise and thanksgiving as our Year 12 students graduate and we farewell them into the next stage of their life's journey. But with families and other guests in attendance, COVID regulations will require that only selected year levels will join in person for this liturgy while other year levels will watch via Zoom in their classrooms. Due to copyright restrictions, the music the Seniors have requested for their graduation liturgy precludes us streaming the graduation liturgy over social media. It will be uploaded onto the Parent Portal afterwards.

The week after (Week 4) our Year 11 students go on their Senior Leadership Retreat. Having farewelled the Year 12s, they now take up the responsibilities of leading the MSB community and this retreat will focus on what that means and could look like.

Deacon Michael Lindsay - Assistant Principal Mission









Year 10 students at MSB will be taking part in the LOVE BiTES Respectful Relationships Program for young people aged 15-17 years. This program, held at the College on Thursday 12 November, is facilitated by TSAS, QPS and Qld Health.

The aims of the LOVE BiTES educational program are to:

- provide young people with a safe environment to examine, discuss and explore respectful relationships
- equip them with the knowledge needed to have respectful relationships
- o encourage and develop their skills in critical thinking
 - assist them in being able to problem solve and communicate effectively

If you have any queries regarding this program please don't hesitate to contact the Well-being Team at MSB.

Residential News

Dear Parents and Friends of MSB,

Positive Start

I am pleased to say that term four has started well for boarding students. Almost all our students have returned on time and are ready to begin the final stage of the school year. We wish our year twelves all the best with their pending assessments and exams. Our staff are excited to see the year twelves graduate and begin the next chapter of their lives.

Mr Scott Whitters

Mobile Phones

I am requesting all families support us as we amend our mobile phone policy in 2021. We have identified that many senior students are struggling to focus throughout the school day due to mobile phone use at night. As of term one in 2021, it will be an expectation that all boarders hand in their phones each night, this includes weekends.

The Benefits of Taking Away A Child's Mobile Phone at Night

As a parent, you want to do what is best for your child, and one of the most important things is to make sure that they are getting enough sleep. All kids, including teenagers, should get eight to ten hours of sleep each night. A lack of sleep can lead to problems learning new material, unhealthy eating, substance abuse, behaviour problems, and health issues.

Many teenagers use their phone as an alarm. At first glance, this doesn't seem as if it would be a problem, however, as your child is trying to sleep with multiple notifications and text messages going off throughout the night waking them up, the disruption to their sleep can have a significant impact on their mental and physical health.

A study that was published in 2014 showed that one-third of students text after going to bed and eight percent were awoken by their phones. A lack of sleep due to phone usage is linked to addictive behaviours that can lead to more serious addictions later.

https://strategiesforparents.com

Many social conflicts arising throughout the year come directly from the misuse of social media after hours. Students are making threats or harassing others on their phones when they should be sleeping or resting. Some students are breaking both MSB expectations and legal responsibilities.

I hope that all families support this new initiative as a way of promoting better sleep, health and educational outcomes for our students.

Kind regards,

Scott Whitters

Name: Jim Gaynor

Position: Qualified Supervisor

What interests do you have outside of school: Japanese Horseback Archery How long have you been at MSB:

5 years

What do you love about your job: Learning about / from the boys.

A memorable moment: Visiting Horn Island recently, escorting students. Beautiful blue ocean, idyllic pacific islands.

A funny thing that has happened: 3am I get a knock on my door. I hurried out of bed to see what the emergency was. After opening the door, I asked the young fella standing there what the problem was. "I'm hungry! I need a biscuit!" He whooped with laughter as I told him to go back to bed.

Name: Elena Bock

Position: Qualified Boarding Supervisor

What interests do you have outside of school: I enjoy spending time with my husband and going on bush walks with our dog Beauty. I also enjoy cooking (Asian dishes) and catching up with family and friends back home in the Philippines through social media.

How long have you been at MSB: This year will be my 6th year at MSB.

What do you love about your job: I absolutely love what I do.

www.msb.qld.edu.au

Working with the girls and helping them to possess the "I can" mindset when they are faced with difficult situations in their lives is something I take a lot of pride in. Knowing that my job is to support and help the girls everyday to feel happier within themselves always brings a huge smile to my face.

A memorable moment: I remember when MSB accommodated Year 7 girls across the other side of the highway at St. Mary's we had to cross the pedestrian crossing at least 4 or 5 times a day. We were like mother ducks with all the ducklings following trying to run ahead and behind. Some we have to say "Come back" others "Hurry up".

Every afternoon after school everyone was carrying something because we did not have a vehicle allocated to us at that time. Some girls carried a basket full of laundry others bottles of milk or boxes of biscuits for supper. Everything for the day was carried by all of those girls who were in Grade 7 and now are in Grade 11.

We still laugh and talk about those days fondly and have not forgotten and never will. The girls said "those days were fun memories". It is true that "the best memories of our life can never be captured in photographs, they are always captured in your heart". Dr. Seuss.

Your dreams for MSB: Is to continue the great dedication of the Mercy Tradition, helping to en-



LEGO IN THE LIBRARY

In Term 3, Year 7 students, **Jack, Nate and Meenakshi** and sometimes, **Mulga** (Yr.9) used the library diffuser to create misty stories of lore, love and valour across genres and time - in Lego.

Each day the story changed.

An interloper from a foreign land in the murky bog...The jet pack propels the archer ...By jumping vertically like a Masai warrior she defeats her foes....our beanie -clad hero undertakes a perilous journey...Romance on the sea of love, our brave pair escape... Skeleton defeats the garden -variety knight in a battle lasting from Homeform to Homeform in ancient times.

These stories and Lego designs became a drawcard, a conversation providing humour, imagination and fun for everyone enjoying our wonderful MSB Library. **C Weedon**









Careers and Vocational Pathways News

The new look myfuture website

Check out the <u>new myfuture website</u> has had a face lift making it more user friendly and easy to navigate. When you sign in (you can still use your usual login details) you will come to the home page and find links to the following information:-

My career profile - Complete activities to identify interests, values and skills and view suggested occupations to explore career pathways.

Occupations - Explore over 350 occupations describing tasks, skill levels and current labour market information.

Industries - Access important information (including employment prospects) for each industry.

Career articles - Discover practical information to support your career exploration.

Courses - Discover a course for you by viewing current higher education and vocational education and training (VET) courses.

Institutions - Learn more about educational institutions and what opportunities and further study options are available.

Career bullseyes - Find out what career pathways are related to school learning areas.

Career stories - Learn tips and tricks by reading real-life career stories about personal experiences.

Organisations - Discover career resources, opportunities and possible career pathways.

QTAC & Tertiary Entry

ATAR results

ATARs will be released for 2020 Queensland Year 12 students on 19 December 2020. If you are eligible to receive an ATAR you need to go to the QTAC web page and register. Click on the ATAR window on the QTAC home page to register to receive your ATAR, then scroll down and click on ATAR portal tab and click on Sign-up. You will need your full name (as shown on your QCAA learning account), date of birth, LUI number and personal email address (do not use your school email). You can see your ATAR result on this date by either receiving an email or by logging into this site.



Vet News

Apprenticeship Vacancies—Closing 18.10.20

QBuild—North Qld Areas

- 1 x Carpentry Apprenticeship
- 1 x Electrical Apprenticeship
- 1 x Refrigeration Apprenticeship
- 1 x Plumbing Apprenticeship
- 1 x Painting Apprenticeship

Apply www.smartjobs.qld.gov.au

<u>Study Assist - information about government financial assistance</u>

The Australian Government provides financial assistance in several forms to young people wanting to take on a study program. On the <u>Study Assist</u> website you can find information about what to do before you study, HELP Loans, VET Students, Support while you study, Paying back your loan and need more information.

Scholarships

Charlie Bell Scholarship - Have you been impacted by a serious illness during your years at school? Are you leaving school to go to university, or to do an apprenticeship / vocational training next year? Then this scholarship could be for you.

Serious illness makes it very difficult for young people to continue their education and achieve their life goals. Our Charlie Bell Educational Scholarship will award a grants of \$5,000 to a deserving young people to help them follow their career dreams. Ronald McDonald House North Australia is here to help the recipients to succeed in their chosen career, so the money can go towards university or VET fees, apprenticeship tools, books or supplies, etc.

Applications are now open for eligible young people:

between 15 and 20 years old;

who have suffered with a serious illness at some point during their schooling years;

and who are enrolling in a university or VET course for 2021.

The online application form requires you to supply:

Educational information/history

Relevant medical history

An outline of your study aims, career pursuits, personal achievements, community involvement & goals for the future

A personal reference

Education/Employer reference

Signature of parent/guardian (if under 18 years)

Apply online at: https://www.rmhc.org.au/charlie-bell-scholarships
Applications Close 30th November 2020

NAIDOC DAY 2020

Always Was, Always Will Be is the theme for 2020 Naidoc celebrations. Due to the Covid restrictions it was a school only event and we were met with some interesting challenges.

The day began with a special Liturgy held in the Chapel conducted by Deacon Michael and Deacon Alban followed by morning tea and the cutting of the Naidoc cake. Jirrbal Elder, Ms Lillian Freeman and Ms Desley Mosquito welcomed everyone to Jirrbal Country, then Traditional Owners Gooliwana Bana Dancers gave an amazing performance. The remainder of the day was spent doing fun activities & arts and crafts.

Traditional food was enjoyed by everyone at lunch. A special thank you to Miss Serena, the catering staff and the volunteers who helped with cooking, prepping and serving.

The NAIDOC Committee would like to thank ALL students, staff and the Jirrbal people for participating and volunteering to make this years NAIDOC happen, you are all truly appreciated.































MATHS AND SCIENCE NEWS

It is a busy time of year with our current year 12 students being the first to complete senior under the new Queensland Curriculum and Assessment Authority (QCAA) syllabi. Our students have completed a number of mock exams from other states in preparation for these exams. We wish them well and stress that learning is a lifelong process.

Our year ten maths students have been split into three classes based on their results to date this year. Each class has a year 11 focus for 2021, whereby students who want to take Mathematical Methods or General Mathematics undertake specific courses which prepare them for these courses. The rest of the students undertake work to prepare them for Mathematics Essential. Please contact Mr Fahey or Mr Brauer if you would like to discuss which class is best suited for your child.



Mr Malcolm Fahey

Next year, our college will offer Mathematics Methods, General Mathematics and Essential Mathematics as well as Biology, Chemistry, Physics and Agricultural Science in our Senior School. Many careers are based on a Science, Technology, Engineering and Mathematical (STEM) pathway so the students of our college have many pathways to choose from.

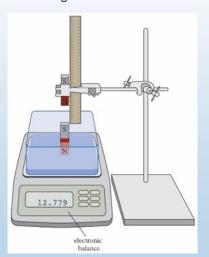
Malcolm Fahey - Middle Leader - Maths and Science





YEAR 11 PHYSICS

Magnetic force obeys an Inverse Square Law . Our Year 11 students have recently investigated the force of repulsion between 2 bar magnets as part of their mandatory Physics course on Electromagneticism.





By using the apparatus above they had to collect data for different separations of like poles of 2 magnets and graph the results to verify the Inverse Square Law.

Mr Andrew Jamieson - Physics Teacher







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 familyoriented 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.

SAVE THE DATES - IMPORTANT DATES IN 2020

Term 4 2020

Tues 20 Oct (Week 3) - Year 7 & 10 Immunisation Day

Wed 21 Oct (Week 3) - Presentation Evening - Main Hall @ MSB from 6pm

Thurs 22 Oct (Week 3) - Year 12 Graduation Liturgy 9.45am for 10am start

Year 12 Formal - Atherton International Club - Arrivals from 5.30pm - 6.15pm seated

Fri 23 Oct (Week 3) - Start date for Year 12 Boarder travel home

Mon 26 Oct - Tues 17 Nov (Weeks 4 - 7) - Year 12 External Exam Block

Wed 28 - Fri 30 Oct (Week 4) - Year 11 Retreat - Genazzano Retreat & Conference Centre

Mon 26 Oct - Tues 17 Nov (Weeks 4 - 7) - Year 12 External Exam Block

Tues 3 - Fri 6 Nov (Week 5) - Year 10 Expedition - Danbulla National Park - Lake Tinaroo

Thurs 26 Nov (Weeks 8) - Sugarworld Community Day -

End of Term 4 & School Year

Fri 27 Nov (Week 8) - Boarder Travel Home Day

Mon 30 Nov - Dec 4 (Staff Week) - MSB Office Open

Queensland

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 CentreTuesday 20th OctoberPh: 4091 0263Malanda Health CentreWednesday 21st OctoberPh: 4096 5339



Engaging families in learning



Research shows that students have better outcomes when families are engaged with their child's learning. Catholic School Parents Queensland (CSPQ) supports schools and families to work together to play a positive role in learning and wellbeing.



Government funding helps CSPQ develop strategies and projects to assist schools and families to work together.



Authorised by L. Perry 143 Edward Street, Brisbane, QLD, 4000.



Ask your local candidates how they will support better engagement between families and their Catholic schools.