



Mr Ian Margetts
Principal

19th March 2021

Principal's Report

Mount St Bernard College is keen to partner with parents and carers to support the learning of each individual student. Parent and family engagement in school communities and in their children's education is a critical factor for improving student attendance, students' engagement in learning and learning achievement (<http://smarterschools.gov.au/supplementary/Pages/NationalKeyReformProjects.aspx>). Parents and the broader community play a vital role in supporting successful learning outcomes for students of Mount St Bernard College.

The College has a strategic community engagement strategy that outlines the steps required to consolidate and reinvigorate parent and community engagement in a systemic, co-ordinated way. This framework expresses the way Mount St Bernard College engages with parents and communities to work together to maximise student learning outcomes. Parent and community engagement that is effectively focused on student learning can deliver powerful outcomes.

This week Mr Ryan Mawdsley (Year 9 & 10 Coordinator and HPE & Sport Middle Leader) and I travelled to Kowanyama, Pormpuraaw and Aurukun on a community engagement visit. During that time we;

- Spoke with families of current students
- Met and supported the transition work of teachers and support staff of Years 5 & 6
- Talked with prospective students about enrolling at Mount St Bernard College.

We also spoke about being 'boarding ready' and what students can do in their home community to be ready for boarding school. This included a discussion on;

- Attendance
 - To help cope with the regularity and routine of boarding school
- Achieve
 - Focus on sustained effort that supports personal best achievement
- Attitude
 - Positive attitude to learning
 - Practicing good learning behaviours
 - Showing determination
 - Practicing being a 'peace maker'
 - Trying new things

We appreciate the efforts of staff at the schools who made us feel most welcome, the support of Althea Collins from Transition Support Services and the parents that came to meet with us. This sustained 'team work' will benefit the students and support great outcomes for them.



This week we were saddened by the news of the passing of long-time staff member of the college, Louise Kidner. Louise had been bravely battling health issues for a number of years and had been on extended leave for some time. We pray for Louise, her family and friends.

For Louise;

**Eternal rest grant unto Louise O Lord
and let perpetual light shine upon her.
Amen**

For Dion, Louise's family and friends (including a number of staff of MSB);

Loving Father,

**We pray for all whose lives have been touched by the passing of Louise,
For those who mourn, immerse them in your love and lead them through
this darkness into your arms, and light.**

**We ask this through Jesus Christ,
whose own suffering brought us life,
here and for eternity.**

Amen

Mr Ian Margetts - Principal



Deputy Principal - Curriculum & Administration Report



Mr Matt Brauer

Greetings MSB Community,

Over the past fortnight students and staff have worked diligently in preparation for the upcoming assessment period. Classes from Year 7 to 12 will undergo summative assessment over the next few weeks, in an attempt to track student progress across the course of the term.

Students have shown great persistence and resilience towards prescribed assessment, evidenced through a number of students attending afterschool tutorials and study sessions. We encourage all students to exercise sound study habits, with a primary focus around personal organisation and wellbeing. As assessment and the pressures associated with it can provoke stress amongst individuals, students are reminded to access the resources available to them at the college and seek support if they require it.

As mentioned in my previous article, Year 7 and 9 cohorts will undergo Naplan Online Practice testing next Thursday 25th March, in preparation for formal testing in May. This opportunity will be facilitated to support both staff and students with test procedures and protocols, which often builds confidence leading into formal testing. We have encouraged all of our students to participate in the practice test and focus on channelling their best efforts.

Student diversity will be considered during this activity with various individualised adjustments being implemented to support student participation. If parents or carers have any queries or concerns surrounding student involvement in NAPLAN testing, they are encouraged to contact me via the college line.

Mr Matt Brauer - Deputy Principal



Assistant Principal - Mission Report

DISCO & PROJECT COMPASSION

Our first College Disco for 2021 was held last Friday (12 March) with the goal of raising money for Project Compassion. It was a huge success making over \$600 for Project Compassion, after all expenses were accounted for. The Term 1 College Disco was a Gr 11 assessment project for Peterson Naawi, Mavis Dau and Ranietta Mareko in their Religion and Ethics class. These students were then assisted by a larger group of student and staff volunteers who all worked together to make this event a success not only for the amount of money it raised, but just as importantly for bringing students and staff together as one, in the spirit of friendship and celebrating community. Thanks go to all who assisted both in the lead-up and on the night.



Deacon Michael
Lindsay

Also, recently, there have been many other events to raise awareness and funds for Project Compassion. These have included: 8A Frozen Cups sales; 11A Sausage Sizzle; Lolly Jar Raffle; Rewards Points Raffle; and many others. Generous donations have also been coming in through the Homeroom collection boxes. Thanks especially to the staff who have assisted students to facilitate these events

All up, with the contribution made by the disco profits, the total collected so far for Project Compassion is a whopping **\$1238** (as at 15 March). This is a huge amount collected for our school and this has been the result of many different efforts across all year levels and staff in the college. We still have about a week to go for fundraising for Project Compassion this term.

ROSIES: kicking-off next term

Those who were connected with MSB in 2019 will remember that teams of senior students and staff from MSB regularly supported **Rosies** outreach to people on the streets. Teams would pack up the Rosies Van with Milo, Coffee, Tea, Sandwiches and other things and then share food, yarns and company with people living it rough (many of whom are homeless or living on the streets). Rosies Teams are not just about charity: handing out food and drink. Rosies Teams are also about dignity: sharing time and yarns with people who might normally experience exclusion or marginalisation by mainstream society.



A strong team of staff volunteers together with all Gr 11 and 12 students will learn about Rosies next Friday (26 March) and be trained as potential volunteers in the 2021 MSB Team. The first MSB Rosies Team for 2021 will then go out on Friday 7th May (in Term 2) sharing friendship, food and drink with people in our region who are living rough. We look forward to our Rosies Team sharing with us about their experience later next term.

COUNT-DOWN TO EASTER

By the time this college newsletter is published we will be in the last 2 weeks of the term—and students will no doubt be counting down to their holidays. But these holidays mark the most important event in the entire Christian faith: Jesus' death and resurrection—what many of us call Easter. Through Jesus' death on the Cross, he gave up his own life so that we might freely receive God's forgiveness and eternal life. Through Jesus' death, we are called to follow him by giving up our own comforts and "wants" in life for the benefit of others, especially those more in need than ourselves. Through Jesus' resurrection from the dead and ascension into Heaven, we are called to follow Jesus' Way (the Gospel) which offers us a sure path to resurrection and eternal life.

On Friday of Week 9 (26 March) our Gr 7 students will lead our college liturgy in the Chapel with a dramatised version of the story of Jesus' last moments: the cheering crowds as he entered Jerusalem, the Last Supper, his Agony in the Garden of Gethsemane, and then his crucifixion and death on the Cross. The liturgy will stop there because the Resurrection (Easter) will be celebrated all around the world a week later.

As we begin to look forward to good times with family and friends over the coming holidays, may we also keep some special time, especially on Good Friday (2nd April) and Easter Sunday (4th April), to remember the **reason for the season**: Jesus' great sacrifice for us and his awesome gift of eternal life. This is the most important part of the story of Jesus in our Christian tradition and the reason why we do what we do at MSB.

Deacon Michael Lindsay - Assistant Principal - Mission

Assistant Principal - Student Wellbeing Report

The Positive Behaviour Support (PBS) topic of Week 8 was RESPECT. Respect is so important that it is one of our 3 school rules at MSB. We want our students to be respectful to others because it helps create the environment that we want at MSB. Some of the things that we do at MSB to show respect includes:

- Listen to others without interruption
- Use polite words
- Respect the privacy of others
- Talk kindly about people behind their backs
- Show gratitude by saying 'thanks'
- Help others when it is in our power to do so
- Apologise when we make mistakes
- Include others rather than exclude them



Mr Dan Niemerg



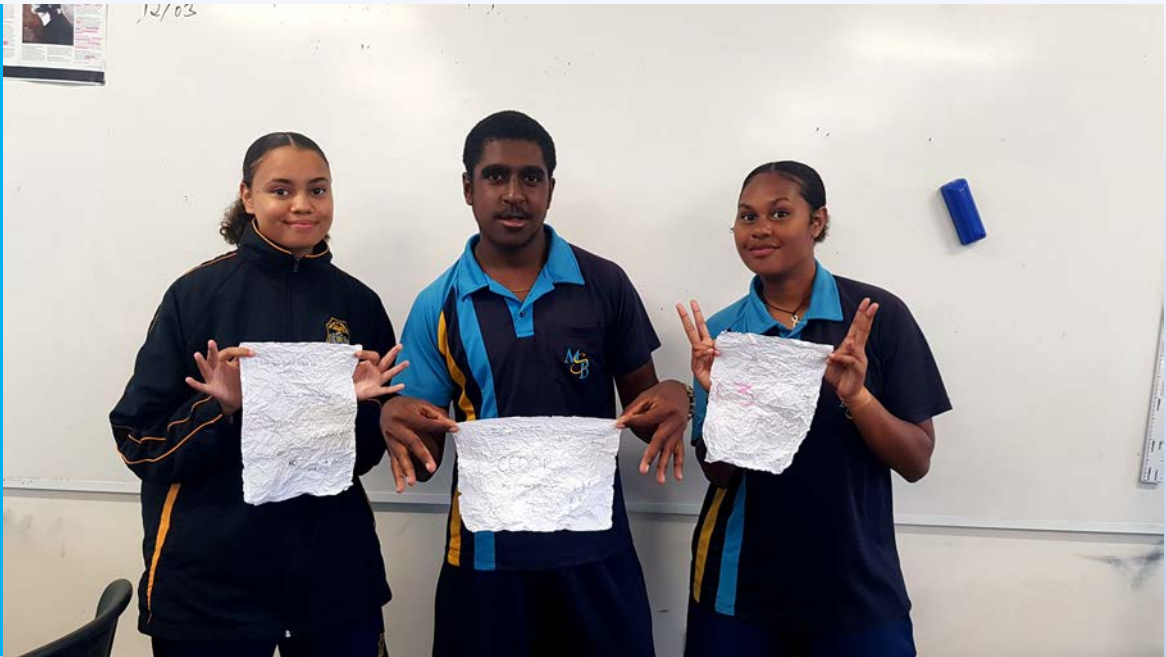
Dan Niemerg - Assistant Principal - Student Wellbeing



SOCIAL &
EMOTIONAL
LEARNING

10A had a great time spreading kindness in their SEL lesson last week. Students had to write their name on a piece of paper and then have a 'Snowball fight', once finished they had to open the closest piece to them and write a compliment to that person. Everyone ended up with a page of lovely messages towards them, bringing a smile to everyone's face.

Ms Nikki Chambers—SEL Teacher



Residential News



Mr Scott Whitters

Dear Parents and Friends of MSB

It has been a long term with much success and growth for our students. I want to stress the importance of supporting all children to remain safe on social media. As many of our students have access to technology and social media, please ensure you are talking to your child about eSafety.

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them. If your child is experiencing cyberbullying:

Listen, think, stay calm — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.

Collect evidence — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.

Block and manage contact with others — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.

Report to site or service — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.

Report to eSafety — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.

Get help and support — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.

Please visit the following websites to learn more about supporting your child to remain safe online.

<https://www.esafety.gov.au/parents/online-safety-guide>

Please watch the following clip with your children and promote the Respect Circle in all we do.

<https://player.vimeo.com/video/116716209?title=0&byline=0&portrait=0>

Scott Whitters - Assistant Principal - Residential



Name: Laura Hardess

Position: Boarding Supervisor

What is something no one knows about you: That my Dad nicknamed me Georgie when I was born and I even have a year 10 graduation certificate with Georgie Hardess on it, lol.



How long have you been at MSB: This is my 6th year at MSB but my first year in Boarding as I was a Learning Support School Officer in the day school for the last 5 years.

What do you love about your job: That I get to spend my days with beautiful students, help them learn about themselves and support them in their interests and who they want to become.

A memorable moment: Organising the Wheelbarrow race with Wazza (Warren Part) and helplessly watching Melanie (a gap student from overseas) learn what a cattle grid was and how to NOT cross them while running with a wheelbarrow, "OUCH".

A funny thing that happened: Mrs Jarome and I got our nerd on at MSB's got talent, where we performed a dance to a Weird Al Yankovic remake of Riding Dirty called White & Nerdy. In one part of the song the words say "Put my name on my underwear" so we pulled up our underwear with our names on them and from that night on Miss Andrea's children have lovingly called me "Nicker Girl".

9C Class Report

On Monday March 15th (the day after Pi Day) the 9C class completed many different activities to celebrate world Pi Day.

Did you know that Albert Einstein was born on Pi Day in 1879 and that Pi is a letter from the Greek alphabet and is equivalent to 22/7 or 3.14 in decimals. It is an irrational number which is also infinite.

Without this number the world would not function very successfully.

The class enjoyed the variety of activities and hopefully learnt a lot more about the enigmatic Greek letter Pi.



Mr Ray Pearson



9C Science Breaking the sound barrier

In Science class the students are studying light and sound. To start this Unit of Work the students tried whip cracking to understand that the lash on the end of the whip actually breaks the sound barrier which is 1225 kph. It was a lot of fun but also promoted an important learning aspect.

Here are Charles Sabatino and Tony Harry having a go at cracking the whip.



Mr Ray Pearson —9C Class Teacher

Year 11 & 12 Co-Ordinator Report



Enter the Sandman- Sleep habits and teenagers

Why are sleep habits important?

Sleep habits are important as they help us to settle into a sleep-wake cycle and assist us in getting REM or a 'deep sleep' (Kirby, D'Angiulli & Maggi, 2011; Loessl et al, 2008). Good sleep habits make us feel more awake during the day.



Ms Jade Briscoe

What impacts teenagers sleep patterns?

As children transition into teenagers their sleep-wake cycle begins to change (Kirby, D'Angiulli & Maggi, 2011). You may have noticed that your child goes to bed later and subsequently wakes up later, especially as they get into their mid-teens. This can be, in part, caused by the biological changes they are going through (Kirby, D'Angiulli & Maggi, 2011). However, this is not the only cause as teenagers may have their sleep impacted by use of digital devices and the increased pressure to socialise with friends online or through text. As many of us know, if we are on our phones before we go to sleep, the stimulation that screen time provides to our brain can make us more awake and less likely to relax to get the deep sleep that we require (Johannson, Petrisko & Chasens, 2016). Further, what we do before we go to sleep and we are laying in bed (watching tv, playing games, etc), the time that we exercise, what we eat and when we eat it, and the environment we are sleeping in can all impact sleep (Durand, 2008).



What does this mean for our students?

Most doctors suggest that teenagers sleep approximately 9 hours each evening to get the most benefit. Yet, this can feel like an unrealistic goal due to our busy lifestyles and the schedules in which we operate. A study of teenagers showed that on average 90% of teenagers get less than 9 hours every night; additionally, they appear to get the most sleep on weekends and the least sleep mid-week (Loessl et al, 2008).

Also, Wolfson and Carskadon (1998) suggest that "students with short school-night sleep reported increased levels of depressed mood, daytime sleepiness, and problematic sleep behaviours in comparison to longer sleepers. Likewise, students with more irregular sleep schedules had more behaviour problems" (p.884).

Senior Study Sessions

Running in the Library on Wednesday afternoon's from 3.15pm - 4.15pm. These are being facilitated by Ms Briscoe and Ms Chambers. The study sessions are for Year 11 and 12 students only to assist with Mathematics and English.

Year 11 & 12 Co-Ordinator Report

How can we help our teenagers get better sleep?

Research suggests that the following help teenagers to get better sleep:

- Establish a bedtime routine (time to be in bed, time to be off devices, etc)
- If a regular bedtime routine is not possible, make sure the last 30 minutes before bed is the same each night
- Try to make the bed a place for relaxation and sleep (no TVs, no laptops, no games)
- Reduce caffeine during the day and no caffeine at least 6 hours before bed
- No food intake at least 1 hour before bed
- Daily exercise, but not before it is time to go to bed
- Minimise noise at bedtime

Note: If your teenager is constantly fatigued/tired or not sleeping at all this may be an indication of a health problem and you may need to take your teenager to your local GP.



Ms Jade Briscoe

Ms Jade Briscoe—Middle Leader Year 11 & 12 Co-Ordinator



References

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Wolfson, A.R., & Carskadon, M.A. (1998). Sleep Schedules and Daytime Functioning in Adolescents. *Child Development*, 69, pp.875-887. <https://doi.org/10.1111/j.1467-8624.1998.tb06149.x>



SHEP

Each year the Queensland Conservatorium Griffith University State Honours Ensemble Program North Queensland (SHEP) is held at St. Mary's Catholic College in Cairns. The workshops are extremely intensive with students from Far North Qld schools converging on St. Mary's Catholic College from Friday through to Sunday.

Meena and Emmy Riber from Mount St Bernard College, participated in this event. They were nominated by the college for their active involvement in the school choir. The girls rehearsed five songs over two days, practiced as a choir ensemble and performed a concert for parents on Sunday afternoon. The 16 hours of intensive practice was nothing short of spectacular, the sweet sounds of harmonic voices filled the environment, leaving the parents amazed at the outstanding efforts of their children in such a short amount of time.

Congratulations girls, well done.

Ms Traylea Sexton - Middle Leader The Arts

Year 8B English—reading with Christine Weedon

Every Tuesday morning, the Year 8B English class visit the library for a story time session with the librarian, Christine Weedon. The students are briefly immersed in the magical journey of stories as Christine shares her passion for reading by bringing the stories 'to life' as she reads to the students. We hope to impart a love for reading to the students, and an appreciation of the library as a place of wisdom and understanding.



Mr Marcello Cecchi



Year 11 & 12 Kitchen Operations

The Year 11 and 12 hospitality students are currently completing their SIT20416 Certificate II Kitchen Operations (TAFE QLD 0275) every Friday at MSB. This course is facilitated and directed by the very experienced TAFE chefs who have numerous years' experience in mentoring students in the art of cooking.

The students have spent term one covering the following topics:

- The basics of what it takes to become an effective barista.
- The importance of effective kitchen hygiene.
- Preparing fruits, vegetables, eggs and farinaceous dishes

The students are getting invaluable experience, both in the theory and practical side, from passionate, dedicated chefs who are on top of their game in the hospitality industry. We look forward to watching the students develop and hone their culinary skills as the year progresses, with their completion of a practical cookery certificate that has numerous benefits in the working environment.



Mr Marcello Cecchi



Year 7 to 10 Food Technology & Design

It has been a good start to the year for the Year 7 to 10 food studies classes in the new hospitality kitchen. The Year 7's have really improved their work flow and cleaning up skills and made a variety of dishes, from the homemade pizzas, mince samosas and chocolate chip biscuits amongst others. The Year 8 to 10's have been working on following and modifying various recipes, with limited teacher intervention. The focus has been on kitchen hygiene, correct cooking techniques, effective teamwork and correct cleaning up procedures.

Special mention must go to Jamieka and Jilaysha Tilmouth in Year 10 for their outstanding work flow routine, Ayla Edwards, Mahalia Jones and Mischa Price in Year 9 to their excellent practical cooking skills and Meenakshi Riber and Jack Jones for their enthusiasm for the subject.

Mr Marcello Cecchi—Food Technology & Design Teacher





The College Parents & Friends Association is looking for parents or carers to join in 2021.
We would welcome your ideas and involvement in the college community. To register your interest please email: hobrien1@cns.catholic.edu.au

OR IF INTERESTED, PLEASE RING HILLARY O'BRIEN ON PH: 4096 1485

Upcoming Events 2021

Term 1

Tues 23 March - Year 7 & 10 Immunisation Day

Wed 31 March - End of Term 1 @ 3pm

Thurs 1 April - Boarders Travel Day Home

School Holidays commence

MSB Office Closes for Easter Break

Fri 2 April - Good Friday Public Holiday

Sat 3 April - Holy Saturday

Sun 4 April - Easter Sunday

Mon 5 April - Easter Monday

Upcoming Events 2021

Term 2

Mon 19 April - MSB Office Opens for Term 2

Boarders Travel Day to College

Tues 20 April - Term 2 commences for all classes

Sun 25 April - ANZAC Day

Mon 26 April - ANZAC Day Public Holiday

Mon 3 May - Labour Day Public Holiday

Yungaburra Triathlon
Volunteer for a few hours and be a part of something special!

TRC
 TABLELANDS REGIONAL COUNCIL

17 and/or 18 April

Race check in | Course marshalling | Car parking
Water station | Site set up/pack down | And much more!

Register to volunteer at yungaburratriathlon.org



Yungaburra Triathlon
Register now!

TRC
 TABLELANDS REGIONAL COUNCIL

yungaburratriathlon.org

Saturday 17 April

Junior	Enticer
200m	400m
5km	10km
1km	2.5km

Sunday 18 April

Sprint	Standard
750m	1.5km
20km	40km
5km	10km

Registrations close 9 April 2021

