



Mr Ian Margetts
Principal

7th May 2021

Principal's Report

Mount St Bernard College makes a concerted effort to engage with parents and communities to work together to maximise student learning outcomes. We know parent and community engagement that is effectively focused on student learning can deliver powerful outcomes.

Being a boarding school, Mount St Bernard College certainly has a wide and varied parent body. For this reason, it is essential that multiple strategies to engage with our families and communities are used.



The first three weeks of Term 2 has certainly been full of community engagement. This has included;

- Visits to the Palm Island community
- Visit to St Teresa's school Ravenshoe, Parents and Friends Board Meeting
- Parent-Teacher afternoon.

This along with numerous phone calls to and from families means that there have been many opportunities to connect.

Palm Island - It was great to spend a day on Palm Island last week. Scott Whitters (Head of Boarding), Janet Wigan (Acting Year 7 & 8 Coordinator) and I met with students from St Michael's Primary School, current and prospective parents as well as 'old scholars' Joyce Boyd-Tapp (2017) and Mychael-Li Sibley (2019).



St Teresa's School Ravenshoe – We are fortunate to have a number of students come across from Ravenshoe to secondary school at Mount St Bernard College. The visit to St Theresa's included a presentation to Year 5 & 6 students as well as visiting parents.

Parents & Friends and Board meetings – it is great to have a dedicated group of P&F Association and College Board members who commit to meetings once per term and provide great feedback on the direction and initiatives of the College. A special thanks to all members and new members are most welcome.

Parents & Friends Association
Nicky Smy (President)
Jon Smy
Chris Cornish
Flo Cornish

College Board
Jon Smy (President)
Nicky Smy
Tim Jackson
Natalie Van Der Zant
Margaret Freeman
Flo Cornish



Principal's Report



Mr Ian Margetts
Principal

Parent-Teacher interviews – thank you to all parents and staff that engaged in Parent-Teacher interviews (either face-to-face or via phone). This afternoon provided a formal option for families and students to connect. Please remember that families are always welcome to contact the College at any time throughout the year.

Mr Matt Brauer, our Deputy Principal – Curriculum and Administration, has accepted the position of Consultant – Clarity and Professional Learning with the Catholic Education Cairns office (see letter included in this newsletter). We thank Matt for his work and dedication over the last two and a half years and wish him all the best on this new role. Recruitment for a new Deputy Principal has begun. In the interim, a number of staff have 'stepped up' to cover Matt's responsibilities till the end of Term. Enquiries can be directed in the first instance to;

Malcolm Fahey (ML Maths & Science) & Sarah Riber (ML English & Humanities) – Senior Secondary curriculum (Years 11 & 12)

Marina Winkler (ML Diversity) – Junior Secondary Curriculum (Year 7-10)

Kieran Ryan (special project – Professional Learning Community) – general administration and other curriculum enquiries

As always, I am happy to field enquiries and answer questions too.





MOUNT ST BERNARD COLLEGE CENTENARY

COME AND JOIN THE CELEBRATIONS!

Centenary Weekend - 24-26 Sept 2021

SPONSORSHIP OPPORTUNITIES

- **Friday 24 September**
 - o Mercy Day Liturgy
 - o Welcome BBQ
- **Saturday 25 September**
 - o College Guided Tours
 - o Opening of MSB Heritage Rooms
 - o Opening of MSB Heritage Trail
 - o Opening of Centenary Labyrinth
 - o 5:00pm: Centenary Thanksgiving Mass
 - o 6:30pm: Centenary Gala Dinner
- **Sunday 26 September**
 - o Visit Centenary Labyrinth
 - o Visit Heritage Rooms

** Provides support for development of Heritage Trail, Heritage Rooms, event materials, and catering*

Platinum Sponsor (two available): \$5,000

Gold Sponsor (three available): \$3000

Silver Sponsor (up to five available): \$2,000

Bronze Sponsor : \$1,000

Labyrinth sponsor: \$100

** Provides support for the creation of the Centenary Labyrinth*

Contact Moira Dettori on PH: 07 4096 1586 or mdettori@cns.catholic.edu.au



ENROL NOW FOR 2022!

Contact Hillary O'Brien on PH: 07 4096 1586 or hobrien1@cns.catholic.edu.au

Centenary Merchandise

The first of the Centenary merchandise has arrived. If you would like to purchase MSB wineglasses, stemless glasses, candles or a ceramic travel mug, please visit the centenary shop at www.msb.qld.edu.au/centenary to order and organise shipping. If you would like to pick up from the school please contact msbcentenary@cns.catholic.edu.au.



Assistant Principal - Mission Report

MSB ANZAC Commemoration—As ANZAC Day was Sunday this year, we gathered as a college community on Friday 23rd April to pay our respects to all those who lost their lives serving our country. Our ANZAC service this year shone the spotlight on the many Aboriginal and Torres Strait Islanders who bravely served in most missions (both war and peace-keeping) including: World Wars I and II, Korea, Vietnam, Iraq, Afghanistan and East Timor.



Deacon Michael
Lindsay



ANZAC Day around the Region

Most of the region's ANZAC Day services were intentionally low-key due to COVID and so street marches involving most of the College were not possible this year. Working with those parameters, students from MSB proudly represented us at the ANZAC Day community services in Atherton, Herberton and Ravenshoe. Thanks go to these students and the staff and parents who assisted them to represent us.

Amarni Ware and Tineal Motlap deliver the Resolution

College Boarding Captains Bryce Whap and Daliah Pearson lay a commemorative wreath



Residential News

Dear Parents and Friends of MSB,



Mr Scott Whitters

Term Two has begun well with the majority of students settling well in to routine and As you are all aware, all students undertake study four nights a week for one hour. All students are required to bring their diary, laptop and a book to read. Most students are doing a great job of utilizing studying time, however, feedback from teachers are suggesting some students are wasting this valuable time. I would like to ask all families to encourage their student to maximise their productivity in study each night. Please encourage your student to seek support when required and to manage their assignments effectively by using their diary and the Canvas program. Research suggests that students who effectively manage their study time can improve their classroom results by more than 30%.

Here are some benefits of students undertaking homework:

Develop important study skills

From time management and organisation to self-motivation and independent learning, homework teaches students a range of positive skills that they will carry with them throughout their academic and working lives. Home learning motivates students to take responsibility for their workload, while also encouraging the development of positive research practices.

Opportunity to consolidate classroom learning

Homework is at its most effective when it allows students to revise what they've learnt in class. Assigned tasks that revisit what's been taught during the day reinforces learnt knowledge and increases the likelihood of students remembering key information. Homework can then help students apply these learnt skills to other subjects and practical situations in their everyday lives.

Provides an indication of academic comprehension

Assigning learning tasks at home is a useful way for teachers to identify whether students are understanding the curriculum. Teachers can analyse gaps in comprehension or information through homework, making it easier for them to tailor their approach to each student's needs – they can recognise students who need extra support in certain learning areas, while also identifying children who may benefit from more complex learning tasks.

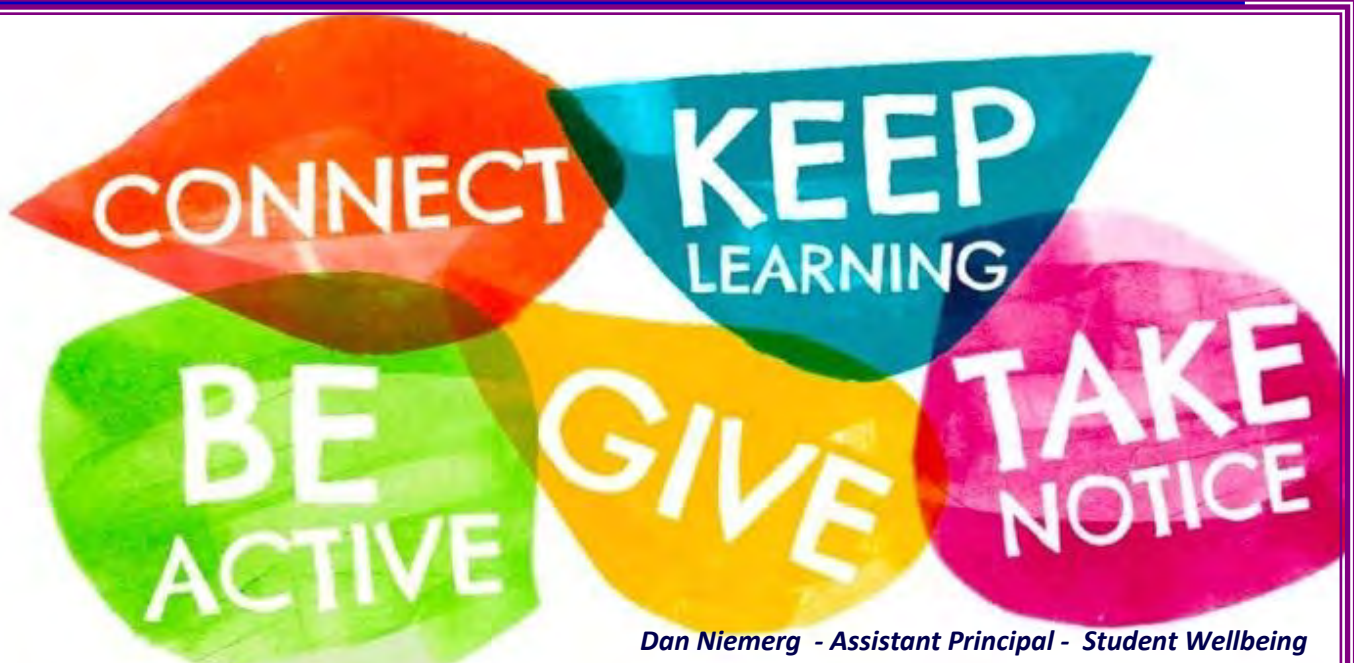
All students at MSB have a diary that records homework and assists boarding staff to know what the teacher has set for homework. Much of the student workload is set up on a program called Canvas that students access via their laptop. Please support all staff by encouraging positive behaviour and responsibility during study sessions.

Scott Whitters - Assistant Principal - Residential

Assistant Principal - Student Wellbeing Report



Term 2 is underway. Students have jumped back into learning quite well and quite quickly. Some of the things we are currently doing in the wellbeing space includes the ERIC Program and Protective Behaviours this term. The ERIC program stands for Emotional Release and Impulse Control and is running all term for a select group of students who have agreed to participate. We know that emotional regulation and impulse control are very important for students to be ready for learning. This program is aimed at improving students' access to education. More information about the ERIC program can be found on the following website: <https://blogs.deakin.edu.au/eric/> You can also contact our school counsellor, Mr. Peter Graham, who is coordinating the program.



Dan Niemerg - Assistant Principal - Student Wellbeing



1 Year = 365 Opportunities

One of the most difficult things for teenagers to understand is the number of opportunities that they are presented with to be able to be successful in school. When I speak of success, I am not talking about purely academic success but any type of success they may be wanting to achieve.

Henry Ford once said, “Whether you think you can or think you can’t, you’re right.”

This applies to each student at MSB too. Our belief in our abilities can impact our chances at succeeding. There are many ways to overcome our limiting beliefs about our own abilities and many of these fit within the adoption of a Growth Mindset.

Growth Mindset is a term coined by Carol Dweck (2016). In her book, *Mindset- The New Psychology of Success*, Dweck outlines that there are two types of mindset that a person can have: Fixed and Growth.

character. It is difficult to improve if you feel that you have reached your limit.

Whereas a person with a Growth mindset believes that the ‘cards we are dealt’ is just the starting point for their development. There is a belief amongst those with a Growth mindset that everyone can change and grow through application and exercise.

A key difference between those with a Fixed mindset and those with a Growth mindset is the way challenges and setbacks are viewed. A Fixed mindset might make someone avoid challenges as there is no ‘point’ in completing them and may let a setback prevent them from trying again. In contrast, a person with a Growth mindset would view a challenge or a setback as an opportunity to grow and learn.

So, how can our teenagers overcome a fixed mindset? Well, the most important thing that leads to success is practice and revision. Therefore, our teenagers need to be practicing a Growth mindset to get rid of their Fixed mindset.

Growth mindsets can be fostered through several ways:

- Understanding the way that people learn and finding ways that you learn best.
- Harnessing the power of yet: Instead of saying “I can’t do that” begin to say “I can’t do that yet...”
- Finding opportunities for growth and development.
- Developing an attitude of gratitude and by doing so developing a brain that looks for positives.
- Viewing every day as a new opportunity.



A person with a fixed mindset believes that qualities, abilities, and skills are set in stone. This makes learning new things a challenge for the person with a Fixed mindset as they believe that they have a set intelligence, personality, and



This leads me to my next point, if our teenagers begin to view every day as a new opportunity to learn and improve then they may begin to see progress in their academic, sporting, or personal pursuits.

Michael Jordan is known for his success as a Basketball player; yet it is well known that he worked on his weaknesses repeatedly to reach that success (Allan & Pharm, 2015).

Consequently, teenagers should be encouraged to attempt new things and work on areas that they struggle in to help them achieve their goals.

Academically, this means using different study methods and attempting schoolwork (especially the subjects that challenge them) repeatedly to develop their skills and understanding.



Furthermore, it is important that students are aware of what it is they are hoping to achieve to support them in their studies or practice and to motivate them to keep going.

SMART goals are a useful tool in assisting teenagers to understand what it is they are hoping to achieve clearly and concisely.

SMART goals use an acronym to help people develop goals that are: Specific, Measurable, Achievable, Relevant and Time bound. This prevents teenagers from creating goals that are vague and difficult to complete.

For example, instead of developing a goal to become better at Mathematics, using the SMART framework a student may develop a goal to Understand Algebra better by working on Algebraic formulas every night for 15 minutes before the Mathematics exam in week 6.



Additionally, your teenagers may benefit from using these SMART goals to inform their study each evening. This will assist in your teenagers developing a habit of study and using each day as a way of developing their knowledge, understanding, skills or abilities in the many subjects they are learning.

References

Allan, T.J., & Pharm, D. (2015). How Michael Jordan's Mindset Made Him a Great Competitor. Retrieved 27th April 2021 from, <https://www.usab.com/youth/news/2012/08/how-michael-jordans-mindset-made-him-great.aspx>

Dweck, C. (2016). *Mindset : the new psychology of success* (Updated edition.). Random House.

Written by Jade Briscoe– Year 11 and 12 Coordinator

Year 9 Food and Textile Design



Mr Marcello Cecchi



The Year 8, 9 and 10 food studies classes spent some time learning the basics of making sushi. The classes soon realised that it requires practice, strict hygiene control and adhering to the recipe to make good sushi.

It was great to see the classes making decent teriyaki, tuna and avocado sushi and realizing that it is quite a straight forward process if you practice enough.



SUSHI



SUSHI



MSB WELCOMES NEW TEACHING STAFF

Hello MSB Community!

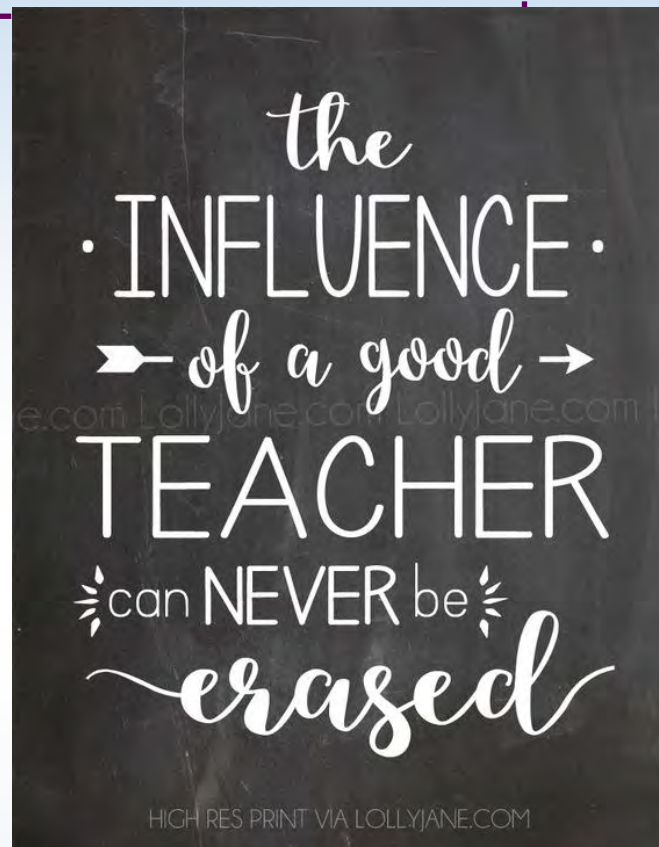
My name is Emily Caferra and I am the new Junior Secondary Teacher here at Mount St Bernard College! I would like to take this as an opportunity to introduce myself to you and express how thankful I am for a warm welcome and to be a part of the MSB community.

A little about myself, I have recently moved to the Atherton Tablelands after being a Cairns local my whole life. I have moved to Atherton and taken my vocation at MSB as a new journey and lifestyle. I am passionate about developing literacy and numeracy skills for all learners, as well as encouraging a growth mindset for success in every student.

I really look forward to working with the junior MSB students, their families and all staff.



Ms Emily Caferra



Ms Bereniece Cumming

The Mount Saint Bernard community have welcomed me from Cloncurry P-12, where I taught for almost 10 years. My new role at the College includes: 9B English, 9B Geography, 10A Maths, 11 Certificate III in Education Support, 12 Essential Maths and Homeroom teacher for 9B. I am very much looking forward to working alongside everyone as a team. My vision for the students at MSB is 'growth' as we work together to build relationships and strive to be the best we can.

I am not new to the community as I attended MSB as a day student for high school and Herberton is my hometown. Cloncurry P-12 provided me with a wide range of skills and abilities where I was actively involved in building capability across the areas of mentoring and differentiation. Having a creative mindset allows me to enjoy a wide range of activities from cooking, decorating, hiking and painting.

I am super excited at the prospect of reconnecting with past students (1980-1984) at our Centenary in September and meeting all MSB families both past and present.

Bereniece Cumming

Ms. Bero (a short version given to me by MSB girls in Year 8).

CQU & JCU University Visits

Students travelled to Cairns to attend a 'Try out' day at James Cook University and Central Queensland University. They explored study options, learnt about courses, toured the facilities and were guided through accommodation options. They took part in activities at the University to give them a feel for the type of study that occurs there. During the visit to Central Queensland University students were able to participate in Engineering or Nursing activities.

As part of the day, students were involved in a few 'practice' lectures and were able to get a feel for University life and the type of study options that are available to them.

The students really enjoyed the day and felt enthusiastic about attending Tertiary study after Year 12.



Ms Jade Briscoe



Health Centre report by Nurse Stef

Germ on hands can transfer to objects like school books, handrails, table tops and then can be passed on to another person's hands. By removing germs on our hands we are helping protect our bodies from infections, skin infections, eye infections and stomach infections.

At MSB we encourage our students to wash their hands before eating, after going to the toilet and when their hands are visibly dirty.

This picture can be found around the college to help promote happy hands!

Let's keep our hands clean to help keep our bodies healthy!

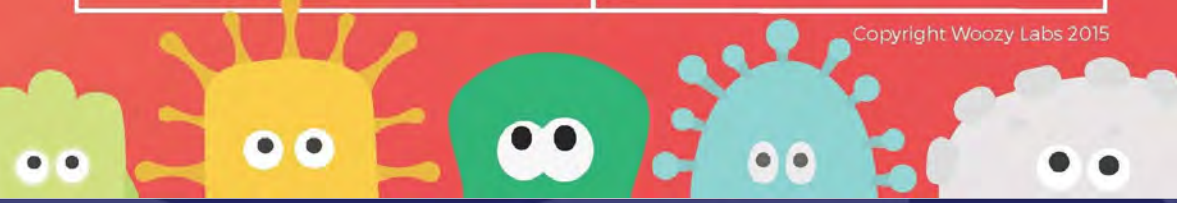


College Nurse Stef Henebery

(HOW TO) WASH YOUR HANDS

<p>"WASH, WASH, WASH YOUR HANDS, THUMBS AND FINGERS, TOO – RUB A DUB RUB A DUB, THAT'S THE THING TO DO!"</p>	<p>1 WET</p> 
<p>2 SOAP</p> 	<p>3 SCRUB</p> 
<p>4 RINSE</p> 	<p>5 DRY</p> 

Copyright Woolzy Labs 2015



HEALTH & PHYSICAL EDUCATION NEWS



**Mr Ryan
Mawdsley**

Term 2 has started well as students are into learning new topics and getting ready for Athletics Day carnival on the 4th June. During practical classes across all year levels, students have been practicing throwing a discus, shot put, javelin, jumping in long jump, high jump and triple jump as well as running track distances from 100m to 1500m. Our HPE staff are teaching students the correct technique suitable for completion.

District Cross Country Carnival

Congratulations to our MSB team below who represented our school as the District Cross Country Carnival at Tinaburra on the 30th April.

It was a perfect day for running as students either ran the 3km or 4km course. Students were excited to run and try their best no matter the result. We were impressed with the behaviour of the students on the day and their ability to try their best towards the finish line. 2021 has been the best result collectively for cross-country in my time at MSB. A special congratulations to Peter Bob coming in 1st place in the U14 Boys age group, and Athena Cecchi coming 2nd place in the U12 Girls age group.



No.	Student Name	Distance
1	Athena Cecchi*	3km
2	Glen Ingui*	3km
3	Meenakshi Riber*	3km
4	Caitlyn Murray*	3km
5	Reem Sam	3km
6	Dekierim Schrieber	3km
7	Denzel Leo	3km
8	Jenorah Yellub-Fell	4km
9	Peter Bob	4km
10	Mairae Pryce	3km
11	Pele Lui	4km
12	Patrick Bonner	4km



Team Momentum

BOOK IN FOR A FREE TRIAL TODAY

Momentum Mini's



What's that Skip?

We're going to Momentum Mini's!

Tuesday, Wednesday & Friday
9.45-10.30am

info@momentumgymnastics.com.au

AUSTRALIAN ANIMALS THEME

Gymnastics
Classes for all
ages. Free
Trial Sessions
available

Gymfun Boys & MAG Boys



Monday & Tuesday
3.30pm - 5.00pm

BOOK IN FOR A
FREE TRIAL SESSION

Get Moving with Momentum

Atherton Showgrounds
Corner Robert & Louise Streets

info@momentumgymnastics.com.au



Atherton
Showgrounds
Cnr Robert &
Louise Streets



MOMENTUM
GYMNASTICS



Gymfit Adults

Thursday
6.00-7.00pm

Gymnastics Skills, Core, Balance & Conditioning
in a Super fun environment.

BOOK IN FOR A FREE TRIAL

Gymnastics isn't just for youngsters, it's for everyone!

BOOK IN
TODAY
4091 2114



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 2

Wed 12 May—Year 7 & 9 NAPLAN Writing Tests

Thu 13 May—Year 7 & 9 NAPLAN Reading Tests

Fri 14 May—Year 7 & 9 NAPLAN Conventions of Language Tests

Mon 17 May—Year 7 & 9 NAPLAN Numeracy Tests

Tue 18—Fri 21 May—Year 10 Expedition

Fri 4 June - Athletics Day

Thu 17 June—MSB Creative Arts Showcase

Mon 21—Fri 25 June—Year 10 Work Experience

Thu 24 June—Last School Day Term 2

Fri 25 June—Boarder Travel Day

Mon 28 June—Fri 16 July — School Holidays

Mon 19 July—Boarder Travel Day (no school)

Tue 20 July—classes commence

Term 3

Wed 21—Fri 23 July—Year 8 Camp



Queensland Government

Next Step

Next Step is a state wide post-school destination survey of all students who completed Year 12 last year in Queensland.

Insights gained from **Next Step** assist schools to review and plan their services for students, and school system personnel to evaluate education policies as they affect the transition from school to further study and employment.

This year's survey of 2020 Year 12 completers will commence in April 2021.

Further information about **Next Step** is available at www.qld.gov.au/nextstep/.

Should you have any queries about the survey, please contact the Department of Education's **Next Step** team by email at nextstep@qed.qld.gov.au or on (07) 3055 2845.

Thank you for your ongoing support of this important study.



UNIFORM SHOP

NEWS

Winter Uniforms in stock including tracksuit pants and new MSB Jacket available in sizes 12 to 3XL for \$40.00

Ring Miss Julie on 40961445 or email jtitlow@cns.catholic.edu.au to request information and costings.