



Mr Matt Brauer
Acting Principal

3rd September 2021

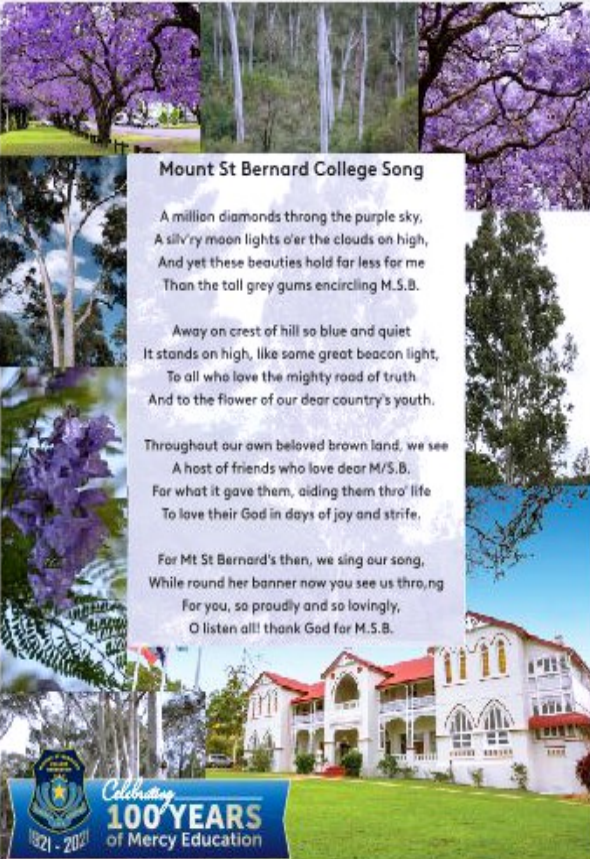
CENTENARY NEWS

Our centenary weekend is only 3 weeks away!

Our two Heritage Rooms are receiving their finishing touches, the labyrinth has been turfed and the Heritage Trail signs are installed. It is shaping up to be a wonderful weekend.

If you are planning to come to the Friday night Welcome Liturgy and BBQ or throughout the day on Saturday and would like to order lunch, please contact Moira Dettori on Ph: 40961 586 or

Em: msb.centenary@cns.catholic.edu.au
to ensure we cater appropriately.



Mount St Bernard College Song

A million diamonds throng the purple sky,
A silvery moon lights o'er the clouds on high,
And yet these beauties hold far less for me
Than the tall grey gums encircling M.S.B.

Away on crest of hill so blue and quiet
It stands on high, like some great beacon light,
To all who love the mighty road of truth,
And to the flower of our dear country's youth.

Throughout our own beloved brown land, we see
A host of friends who love dear M/S.B.
For what it gave them, aiding them thro' life
To love their God in days of joy and strife.

For Mt St Bernard's then, we sing our song,
While round her banner now you see us throng,
For you, so proudly and so lovingly,
O listen all! thank God for M.S.B.

Celebrating 100 YEARS of Mercy Education
1921 - 2021

**SOUVENIERS FOR SALE ON
OUR CENTENARY WEBSITE**

[https://
www.msb.qld.edu.au/
centenary/index.php/
merchandise-shop](https://www.msb.qld.edu.au/centenary/index.php/merchandise-shop)



Deputy Principal Report

Careers

Subject Expo 2021



Mr Kieran Ryan


Mount St Bernard College will hold the annual Subject Expo on 9th September for Year 9 to Year 12 students. The purpose of the day is to provide knowledge and ideas to students who will be choosing their Secondary Education and Training (SET) Plan in the next couple of weeks but also to help students assess the learning pathway they have chosen.

The day enables ideas for Year 9 students to choose electives that will help them gain knowledge to plan their future studies.

A variety of external organisations and subject areas will be represented. Students will have the opportunity to interact with Universities, Apprenticeship and Traineeship employers, Local Council, Police Force, Defence Force, TAFE and other private providers who will share their knowledge to the attendees.

**Kieran Ryan - Deputy Principal
Curriculum & Administration**






Discover Mount St Bernard College

2021 Subject Expo


✓ **Curriculum for Life...**



- An opportunity for students to meet, discuss and obtain information from a range of sources.
- An extensive list of External Providers have been invited. James Cook University, CQ University, TAFE, Australian Defence Force, MEGT, Connect'n'Grow, Skills 360, Tablelands Regional Council, Vocational Partnerships Group, RATEP, Qld Police Service and Qld Fire and Emergency Services.
- MSB Curriculum Leaders and other staff will be available promoting various curriculum offerings.

- **Years 9 - 12**
- **Tuesday 7th September**
- **Mercy Hall - MSB**

www.msb.qld.edu.au
Ph 4096 1444
www.facebook.com/MountStBernardHerberton



MOUNT ST BERNARD
COLLEGE

Residential News



Mr Scott Whitters

After School Art Class

Art Class is held each Monday after school with Ms Traylea for any students interested in any kind of art.

Students can participate in painting on different mediums, tile cutting, pottery, pottery wheel and so much more.

It is a great way for students to express their creative side.

Some amazing art has come out of this room over the years.

We have some amazing artistic students who will be up and coming artists in their



U16 Magpies NRL Grand Final



Our U16 NRL boys were in the Grand Final on Saturday 28th Sept. Unfortunately they lost to the Atherton Roosters but in the eyes of the community and the cheer squad they were all winners.

Presentation on Sunday 29th Sept. showed just how talented our boys are.

A huge congratulations to all, although you did not win, you are winners in our eyes. We are very proud of them.

The U14's also did a great job unfortunately going down in Semi Finals.

A great season by all.



Mr Dan Niemerg

Assistant Principal - Well-being Report

Students are learning about Anger this week in PBS. Anger is a normal human emotion that is often linked to feelings of hurt, frightened, disappointment, worry, embarrassment, or frustration. Most often these feelings come first and then anger is revealed. Students at MSB are learning to understand their anger and try to use it appropriately. It's okay to be angry. It's okay to feel any emotion, but how you deal with it is the important part.

One of the things we ask students to do it understand their body's signals when anger is coming on. Once students have a handle of the warning signs they can manage themselves at the early onset of anger much better. Ultimately, we want students to express their anger in ways that avoid them losing self-control, harming others, harming themselves or doing something which will be irreparable.

Finally, we want students to tame their anger and express themselves in an appropriate manner when they are angry. Learning to stop and think things through, breathe, exercising, and going for a time-out are all ways students can help bring themselves back to an equilibrium.

Dan Niemerg - Assistant Principal - Student Wellbeing



Anger!!

Assistant Principal - Mission Report

St. Bernard's Day

The name "Bernard" gets a mention a fair bit around here: the name of our College is *Mount St. Bernard College*; the boys' residence is named *Bernard's Residence*; one of the sports houses used to be named *St. Bernard's*; and at the end of our prayers as a community, we finish with "*St. Bernard of Clairvaux—pray for us*".



Deacon Michael
Lindsay



All of these refer to a saint from the middle ages who used to be quite popular among Catholic Christians. The day we commemorate him in the Church (*feast-day*) is 20th August each year. This year, it fell on a Friday when we gather for Chapel and so we focussed our liturgy on St Bernard of Clairvaux—who was he? Why is he a saint? What does he have to teach us today?

Bernard was born in France in the year 1090, smack-bang in the middle of the middle-ages. He was born into a very wealthy family, but instead of living the "high life" he gave it all up to serve God and live a life of simplicity as a monk and a priest. He became famous for building monasteries—residential communities of faith and learning in Europe. At this time, most of Europe was divided and most people could not read or write. There also was much fighting between towns and regions. Bernard's monasteries promoted unity across parts of Europe through much-needed education

St. Bernard of Clairvaux, 1090 – 1153 inspired by Christian faith.

Not unlike St. Bernard's monasteries in the middle ages, MSB is a residential community of faith and learning with a mission. In the Mercy tradition, we offer education within a community inspired by the Christian faith to any student seeking it. In this way, our mission at MSB is to form **strong minds and gentle hearts** in our students in the hope that they go on to transform their world into a better place.

As a final note, legend has it that the college's name—Mount St. Bernard —was inspired by the Pastor of Herberton when MSB was built: Fr. Bernard Doyle. MSB was Fr. Bernard's dream and he did a lot of work organising fundraising, architects, builders, etc. to make MSB happen. While this may be true; it's a safe bet that, knowing Catholic customs,

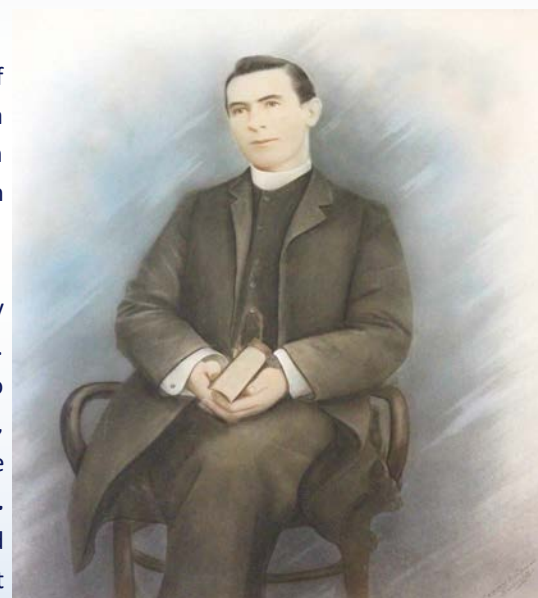
Fr. Bernard's mum gave him the name Bernard in honour of **St. Bernard of Clairvaux**. She would never have imagined, however, that her little baby would grow to build communities of faith and learning like MSB, just as his namesake did.

St Bernard of Clairvaux—pray for us.

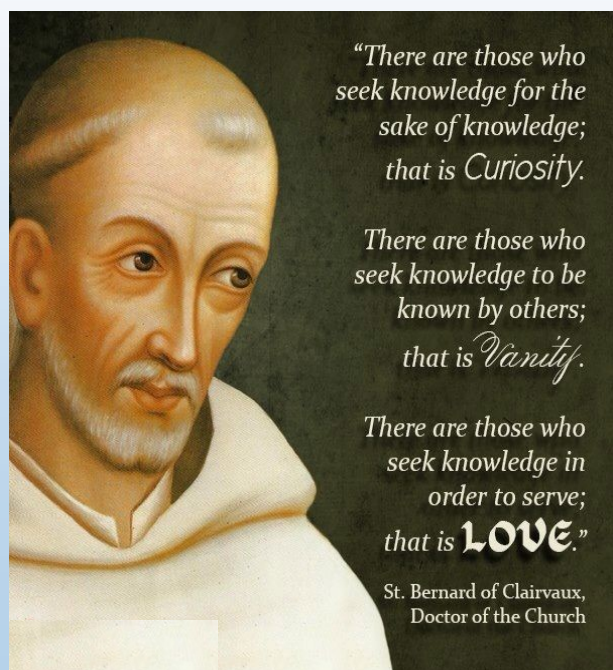
In our next newsletter, we will have reports on the new centenary Labyrinth and our NAIDOC liturgy.

God bless,

Deacon Michael Lindsay - Assistant Principal - Mission



Fr. Bernard Doyle
Parish Priest of Herberton, 1908-1924



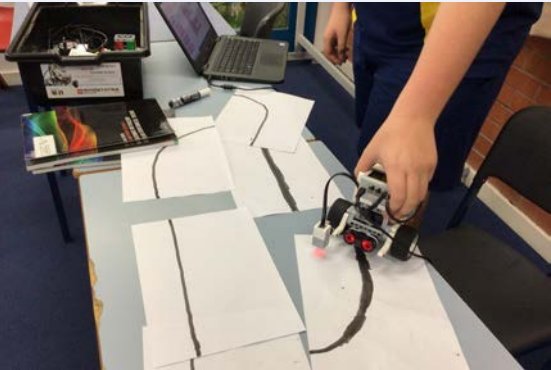
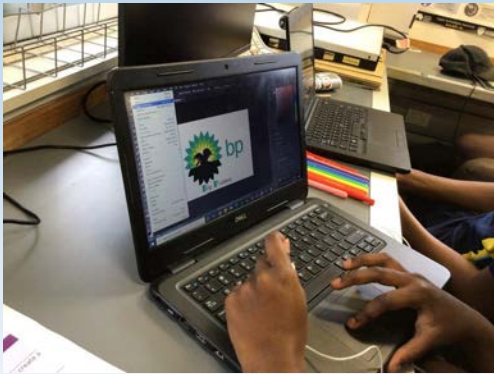
Digital Technologies & Media Report

This time in the Technology space, we have the Year 9 Media class and a hard working Year 10 student to show.

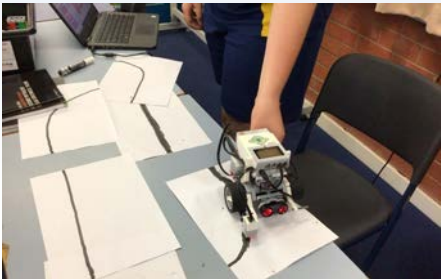
Year 9 Media Arts are working on their Culture Jamming project. Each student is picking a company or consumer to create protest artwork using Photoshop. We have Taco Bell, BP and McDonald's being targeted by students to subvert each company's image in their own way.



Mr Brendan Akers



In Year 10 Digital Technology, Franklyn Hilla has worked tirelessly in the area of Robotics to create a pathfinding robot. Using Lego Mindstorms, he successfully made the robot follow a path by tracking the black line on white paper. Next term, the Year 10 class will be learning electrical engineering with Arduino.

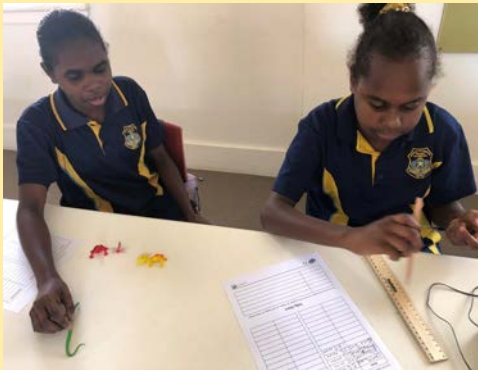


Brendan Akers - Middle Leader -Business & IT



Year 7C Maths Report Report by Ms Janet Wigan

Year 7C Maths students enjoyed gathering data by measuring small critters in millimetres. They then decided to make a pictogram by sorting them into categories but realised that in order to read it easily and accurately the snakes had to go!



Health Centre Report

Sugar Sugar!



Ms Stef Henebery

Like many parents and carers, you may worry about the amount of sugar your child gets from sugary drinks, snack foods and desserts. For the month of August the health clinic displays different popular drinks and how much sugar is in each drink.

Students definitely are shocked when they find out chocolate milk contains 9 teaspoons of sugar!

Too much sugar in a child’s diet can cause serious health issues:

- ◆ Mood swings
- ◆ Hyperactive during class and at home
- ◆ Cavities in teeth
- ◆ Stomach pains
- ◆ Increased risk of diabetes
- ◆ Lowers concentration

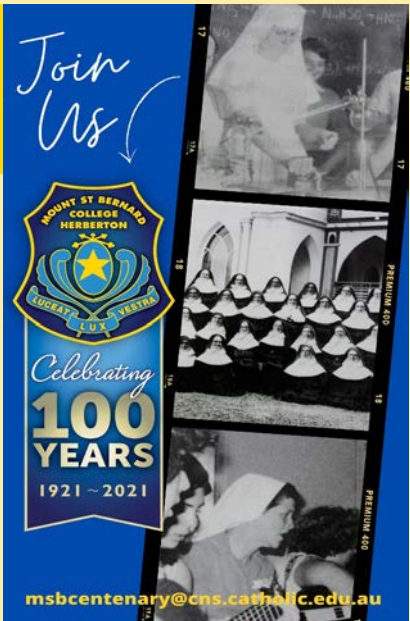
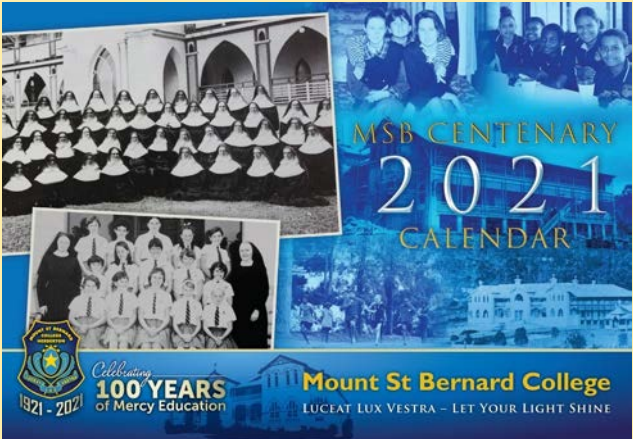
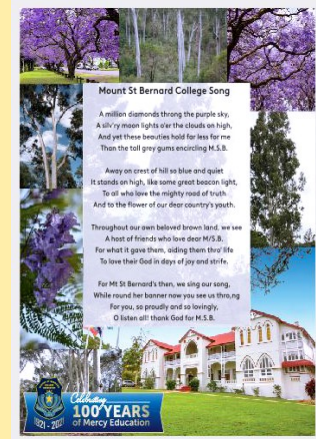
It is essential that children receive a well balanced diet and learn good healthy lifestyle behaviours now in order for them to grow up fit and healthy.

Nurse Stef



CENTENARY SHOP ONLINE

MERCHANDISE FOR SALE ON OUR CENTENARY WEBSITE
<https://www.msb.qld.edu.au/centenary/index.php/merchandise-shop>



Social & Emotional Learning Report



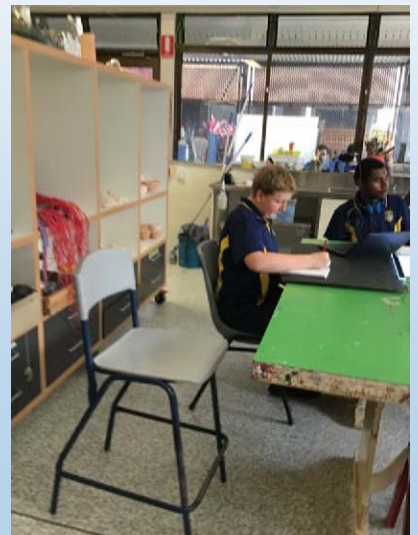
Ms Emily Caffera
Learning Support-
Teacher

Social Emotional Learning

Year 9B came together to be role models and leaders for 7A for Social Emotional Learning to help model healthy friendships. Many members of the year 9B class were also Grand Finalists in the U16 football match on the weekend for the Herberton Magpies.

The students worked together to design motivational posters for the football team for the game on the weekend!

Well done to all students in 7A and 9B for working together!!



Visual Arts News

Congratulations to all of the deadly young artists from Mount St Bernard College, Herberton who received their awards in chapel. Mount St Bernard College has consistently produced the most artists of any school in our QATSIF Creative Arts Competition across these past four years.—Michael Nayler (Director of QATSIF). Watch the Youtube clip to see the fantastic artwork https://www.youtube.com/watch?v=tAmm75CUC_A

We congratulate all of the deadly talented MSB artists and their dedicated staff:

- Filiara Salam - 2nd place Year 7 Visual Arts
- Dekierim Schrieber - 3rd place Year 7 Visual Arts
- Reem Sam - Highly Commended Year 7 Visual Arts
- Rotannah Joe-Gela - Highly Commended Year 7 Visual Arts
- Loveona Ballie - Highly Commended Year 8 Visual Arts
- Shania Lee Jane O'Brien - Highly Commended Year 9 Visual Arts
- Jenorah Yellub-Fell - Highly Commended Year 9 Visual Arts
- Makala Harries Spinnler - Highly Commended Year 9 Visual Arts
- Jilaysha Tilmouth - 2nd place Year 10 Visual Arts
- Jamieka Tilmouth - 2nd place Year 10 Visual Arts
- Matraima Faud - 1st place Year 11 Sculpture
- Melinda Obah - Highly Commended Year 11 Visual Arts
- Tayiesha Warria - Highly Commended Year 11 Visual Arts
- Tanisha Vincent - 1st place Year 12 Mask Making
- Anita Richard - Highly Commended Year 12 Visual Arts
- Tahnee Stewart - Highly Commended Year 12 Visual Arts
- Kaylisha Mamarika - Highly Commended Year 12 Visual Arts
- Tina Dau - Highly Commended Year 12 Visual Arts



Ms Traylea Sexton

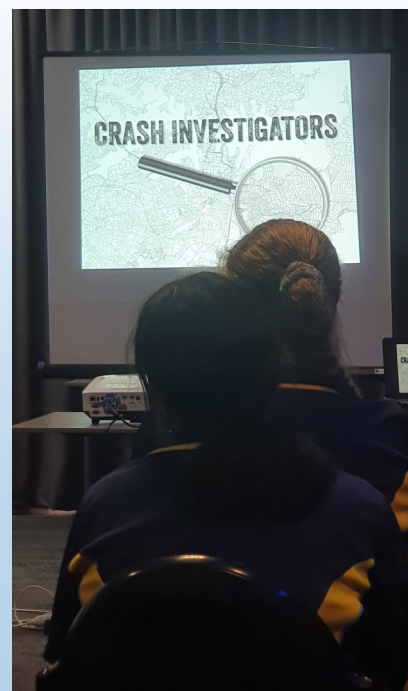


RYDA - Road Safety Education Excursion

On Thursday the 26th of August the Year 11 students attended an excursion to Mareeba Leagues Club to learn all about driving and road safety. The students explored the features of a car, tested the breaking distance of different speed limits and investigated a 'crash' to learn more about how to be safe when driving. These sessions were led by the Rotary Club of Mareeba, Queensland Police Services and a number of local volunteers. The day was very informative and students engaged with the activities. Some students even got to sit inside a truck for the first time. The excursion could not have come at a better time as many of our Year 11's have begun to attain their learners driver's licence and are beginning their driving lessons. After the excursion, I believe many of them will be far safer when driving and will consider other drivers.



Jade Briscoe - Year 11/12 Coordinator



Vocational Education & Training News

The Year 11 and 12 Certificate II in Kitchen Operations is going full steam ahead this term. Five of the Year 12 students have completed all of their online course work and are now taking part in the 12 mandatory kitchen shifts in the boarders kitchen. The students have been making a vast array of gourmet food, which have included home made gorgonzola gnocchi, roast beef and chicken with freshly made gravy, vegetarian fetta and caramelised onion and chutney pastries, shrimp and vermicelli wontons, amongst many others. Many thanks to the excellent mentoring by the TAFE Chef Steven Gould and a big thank you to the Moira Dettori for ordering all the required stock. I encourage the students to keep on attending the practical Friday session with Chef Steven and dig deep to finish all the 12 kitchen shifts. The end is in sight and it would be great to see the students complete this course in a timely fashion.



Mr Marcello Cecchi



Food Technology & Design News

The Year 7 to 9 Food Studies classes continue on as per normal this term, with the new students joining the cooking team and learning the art of making good, healthy food in the allocated time. The students have made pastry for savoury pies, cooked up a tasty chicken tacos meal, prepped and served chicken nuggets with wedges KFC style, and made an awesome Carbonara sauce from eggs, parmesan cheese and cream. The classes are smaller this term so we can go into more detailed specifics, regarding culinary skills. A big thank you to Angela Gower for supporting the students and Warren Thomson for ordering the stock required for the lessons.



Mr Marcello Cecchi

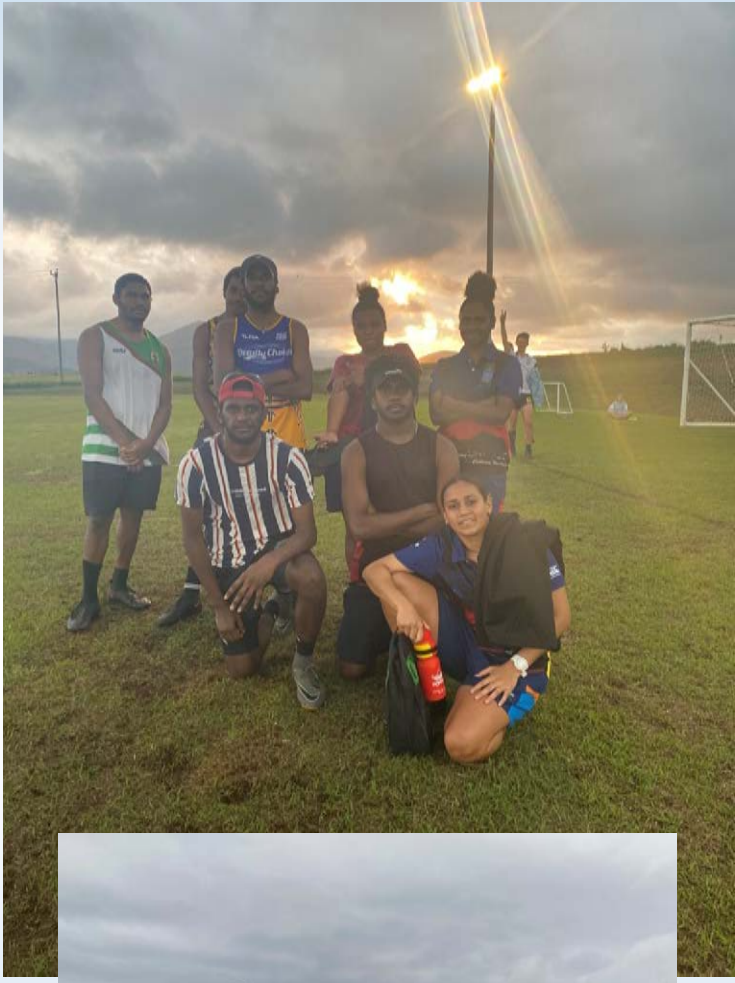


Touch Football Competition News

Both the junior and senior combined girls and boys touch teams have been taking part in the 2021 Allan Rockley Memorial Interschool Touch Football Competition at the Atherton International Club every Wednesday afternoon. Both teams are undefeated at the moment and players must be commended for their excellent sportsmanship, both on and off the field. We hope to make the grand finals in week 9, and with more discipline and structure in how we play the game, the MSB teams are looking to take the winning trophy home. A big shout out to Mr Mawdsley for organising MSB to take part in the event and for the boarding crew, in transporting the players every week. Keep your eyes on the price team and you will walk away with the 1st place.



Mr Marcello Cecchi



Year 7 Deadly Choices Cooking News

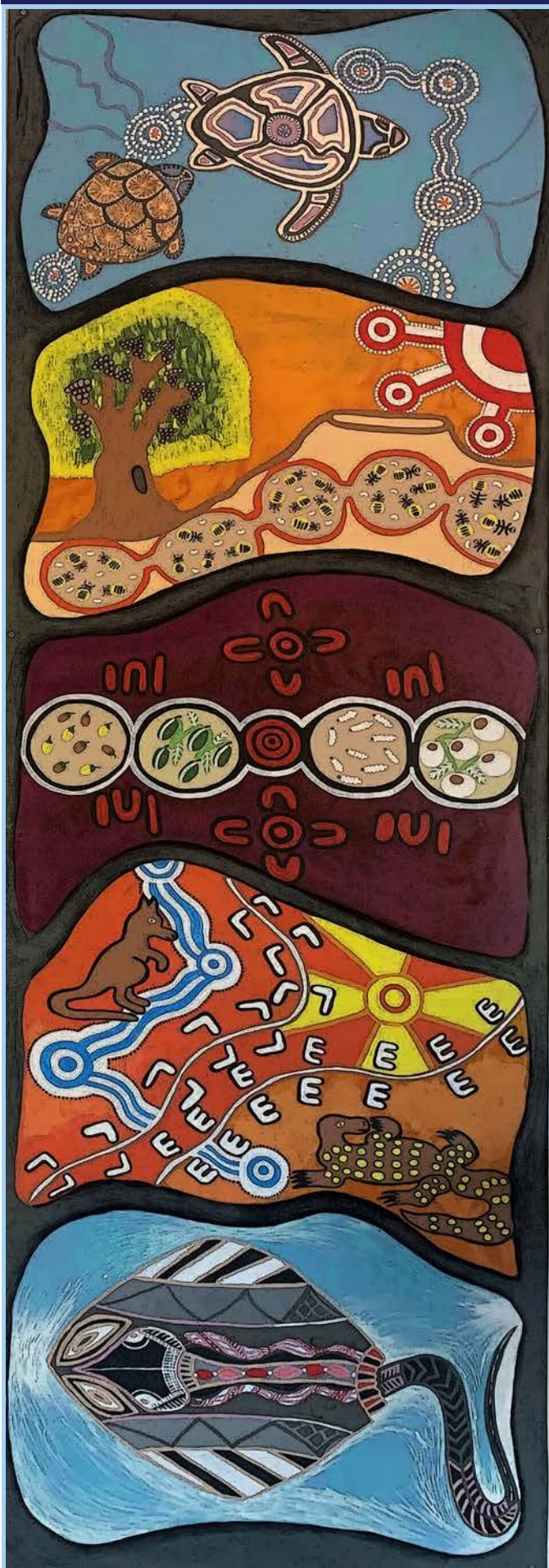
Year 7 students are continuing to cook healthy and quick food through the *Good Quick Tukka* program run by the Mulungu Deadly Choices team. In the last two weeks they have cooked savoury mince and tacos. The students say they would be confident cooking these at home.

Ms Janet Wigan—Year 7/8 Coordinator



Ms Janet Wigan





2021



Celebrating
100 YEARS
of Mercy Education

Mount St Bernard College

NAIDOC DAY

Heal Country!

**Wednesday
September
15th**

Times to be advised

**Bus transport available
from Cairns, contact
Hillary O'Brien**

07 40 961485

or

msb.office@cns.catholic.edu.au

**Artwork by Tahnee Stewart,
Kaylisha Mamarika and Tae Dempsey**

www.msb.qld.edu.au



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 phone Hillary O'Brien on Ph: 4096 1485

Upcoming Events 2021

Fri 3 September - Student Free day - QCAA Secondary Verification Day

Tue 7 September - MSB Subject Expo

Fri 10 September - Year 8 Orienteering - Barrabadeen, Lake Tinaroo

Sat 11 September - Year 12 Formal - The Reef Hotel Casino Cairns

Mon 13 September - Write a Book in a Day 8am - 8pm @ MSB

Wed 15 September - NAIDOC Day 10am - 3pm

Thu 16 September - End of Term 3

Fri 17 September - Boarder Travel Day

Fri 17 September - Mon 4 October - School Holidays

Term 4

Mon 4 October - Public Holiday Queen's Birthday

Tue 5 October - Boarder Travel Day

Wed 6 October - All classes commence Day 1 Term 4

Thurs 21 October - Year 12 Last Day in Class

Year 12 Graduation Liturgy @ 1.30pm in Main Hall

Presentation Evening @ 6pm Main Hall



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 7th September
Ph: 4091 0263

Millaa Millaa Health Centre

Tuesday 14th September
Ph: 4097 2223

Malanda Health Centre

Wednesday 29th September
Ph: 4096 5339

CELEBRATING TORIMBA'S 50TH FESTIVAL OF THE FOREST

THE RAVENSHOE TIMBER FESTIVAL CELEBRATES OUR LOCAL ARTISTS AND BEAUTIFUL TIMBER DURING THE FIRST 2 WEEKS OF OCTOBER ANNUALLY.

FESTIVAL HALL, GRIGG STREET, RAVENSHOE
GRAND OPENING 2ND OCTOBER, 12.30PM
3RD TO THE 16TH OF OCTOBER
OPEN DAILY 9AM-5PM



ALSO ON EXHIBIT
"A PIECE FROM THE PAST"
TIMBER PIECES THAT HAVE WON A PRIZE IN THE LAST 49 YEARS!
A BLACKSMITHING DISPLAY & SALES
LIQUID GLASS DISPLAY & DIY CLASSES BY NORGlass.



THE FESTIVAL OF THE FOREST IS AN EXHIBIT OF UNIQUE AND EXQUISITE WORKS OF ART FROM QUEENSLAND AND AFAR.

WHY NOT COME FOR A WALK THROUGH AND SEE WHAT THERE IS UP FOR GRABS THIS YEAR!

Team Momentum SCHOOL HOLIDAY FUN THIS SEPTEMBER



Family Ninja Fun Day

Tuesday 28th September
1.00pm - 2.00pm
\$25.00 per family
Family consists of 4 people
\$10.00 a person
BOOK IN TODAY FOR SOME
SCHOOL HOLIDAY FUN
E: info@momentumgymnastics.com.au