



**Mr Matt Brauer**  
Acting Principal

**3rd November 2021**

## Welcome Bernie to Mount St Bernard College

Proving to be more than the teacher's pet, newly appointed Mount St Bernard College staff member, Bernard, has been recruited for the role of School Therapy Dog to assist the wellbeing of all staff and students.

Joining the Wellbeing Team, the 12-week-old labradoodle, affectionately known as Bernie, was recently welcomed by the college community after significant findings from other educational institutions on the benefits for all students, but particularly diverse learners.

The college is home to a high proportion of students who have experienced significant trauma in their lives, suffer from anxiety and those who have come from remote Indigenous communities where dogs played a large part in their childhood.

The aim of our therapy dog is to improve the physical, social, emotional and cognitive wellbeing of students and staff.

It is well documented that the effective use of dogs in school can significantly lower anxiety levels in students aged 13-18. Dogs can positively influence the mood of students and trigger the release of cortisol in their brains which allows them to move from a negative headspace to a more positive one.

After commencing an acclimatisation program, Bernie was greeted by screams of excitement and joy echoing throughout the school as students "beamed with enthusiasm" at the sight of their new canine companion.

"So far, all students, no matter what their background or personal circumstance, have enjoyed interacting with Bernie. We have ensured he has been exposed to students who have been identified with either a verification or diagnosis of autism spectrum disorder, Fetal Alcohol Spectrum Disorder, ADHD, intellectual disability, speech language disorder and social emotional disorder.

Students who have recently experienced the loss of a family member have spent time with Bernie. He has made them feel loved and distracted from their grief.

By offering pet therapy to their students, the school can provide an alternative way for students to become grounded and feel love, which would in turn allow them to be open to learning and develop more resilience in a school environment.

MSB has spent an enormous amount of time and energy to ensure that the benefits of a therapy dog will value add to the wellbeing of our students and staff. We take our responsibility for Bernie very seriously and have teamed up other boarding schools around the country to ensure we are adhering to best practice techniques in this space.

We are indeed most blessed to have Bernie as an integral part of our college community.

**Mr Scott Whitters - Deputy Principal Residential**





# Deputy Principal Report

Dear Parents, Carers & Guardians,

As we look forward to the 2022 academic year, students in years 8, 9 and 10 have spent the last few weeks making their selections for the subjects they will study in 2022. You will be receiving a parent slip with the subjects your student has chosen and I encourage you to discuss these choices. The parent slip will include the subject selections and the fees associated with that selection. If you have any questions, please feel free to contact me however if you are happy with the choices, please respond via the parent slip you have received.

Kind regards,

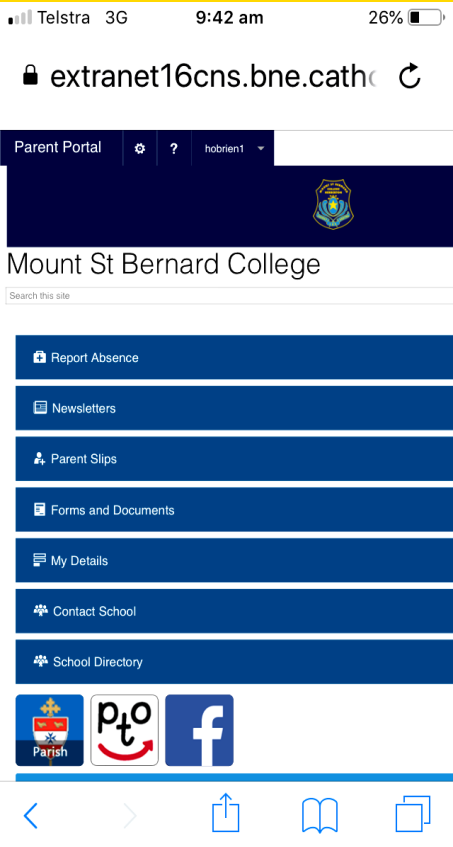
**Kieran Ryan - Deputy Principal Curriculum & Administration**



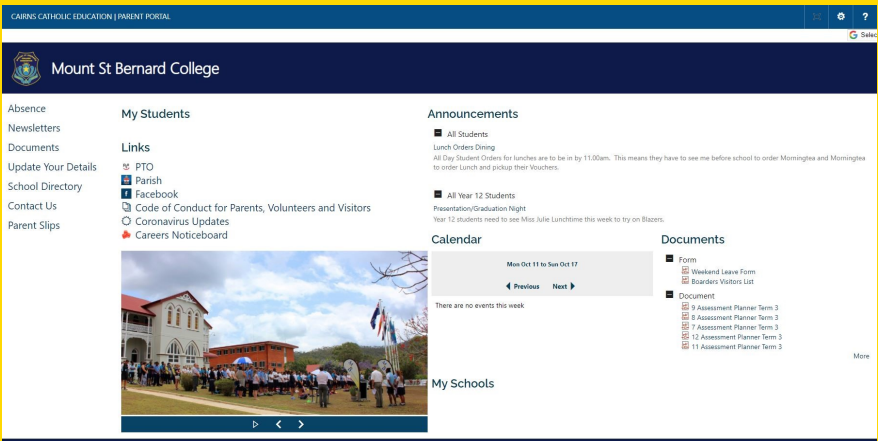
Mr Kieran Ryan



## STAY CONNECTED WITH MSB - PARENT PORTAL - FACEBOOK - NEWSLETTERS - WEBSITE



Parent Portal can be accessed by all Parents. Login using your email address registered with the college. Mobile view available now. Check it out, lots of great features Click on the link <https://extranet16cns.bne.catholic.edu.au/parent/msb/Pages/default.aspx>



Website - Enrolment Information, Newsletters, Links to Parent Portal and Student Emails and so much more! Click on the link <https://www.msb.qld.edu.au/>

Facebook can be accessed by all family members. Another way MSB is helping families keep connected. Click on the link

<https://www.facebook.com/MountStBernardHerberton>





# Residential News



Mr Scott Whitters

Dear Parents and Friends of MSB,

Recently we have farewelled our year 12 boarders. The Graduation Liturgy and Presentation Night were two very special events. All staff who work in education feel a great sense of achievement when students make it all the way to the end of year 12. Those that make it all way have had enormous support from both staff and families. We thank all the families who work in partnership with MSB to walk alongside students on their education journeys. Not all students aim to complete year 12, but for those who do, it is an enormous achievement worth celebrating. Congratulations to all 2021 graduates.

As we say goodbye to our seniors for 2021, we welcome our new Residential Leadership Team. Instead of having a single boarding captain in each house for 2022, we have decided to establish a small team to be our senior leaders in dorm. The student leaders in boarding for 2022 are listed below:

## **Bernards**

Frances Ghee, Quentin Shortjoe, Stanley Bustard and Jonomick Lui

## **Morrissey**

Tamika Neade, Melinda Obah, Jacklyn Day and Tayiesha Warria



These student leaders have been chosen because they consistently demonstrate the College expectations and have a desire to support younger students. We are anticipating positive outcomes with this new structure. The year 11 Retreat is happening this week and will provide all students with a wonderful opportunity to bond and learn great leadership skills.

**Mr Scott Whitters - Deputy Principal Residential**





# Residential News



Mrs Sonya Frost



## Mid Term Already

I know, it feels like the term has only just started and we are now into mid term. Being a short term, only 8 weeks in total, makes it go fast. Year 12 students have departed and year 11 students are getting ready to step up as seniors of the College.

## Local Church Service

We had some girls going to St Patricks Church in Herberton last week. They joined the Parish Community with Celebrant Fr Mathew and staff members Ms Emily, Ms Leah, Ms Cuda and Mr Brauer. The girls were on their best behaviour and represented MSB very proudly.

## Boarding Facebook Group

'Boarding at MSB' is the name of our new Facebook Group for all current parents and guardians.

We invite you to join this group. This is a space for you to enjoy boarding life at MSB and to see what your child/ren get up to when in boarding.

To join this group please follow these instructions:

- Go to the 'Mount St Bernard Herberton' Facebook page.  
<https://www.facebook.com/MountStBernardHerberton>
- Then scroll across the menu bar where it says, Home, Posts, Reviews .... until you get to Groups, click this.  
(Sometimes you will see a 'More' button with a drop down menu, the 'Groups' button will be there.)
- You will then see the 'Boarding at MSB' group with a 'Join' button
- Press on join and answer the questions then press submit

A request will then be sent to the administrator of the group for approval. Once approved you will be able to see posts and interact within this group.

## Reminder About Abstudy Travel

Abstudy Travel requires 10 days notice for any requests. Please be mindful of this when you ring up Boarding asking for travel. Recently we have had a few families asking for special purpose travel for different occasions which is doable but with 10 days notice.

We understand with compassionate travel this is sometimes not able to happen. If you can please give us as much notice as possible in these instances. This will help in the process of getting your child home in time for sorry business. For Compassionate travel, Abstudy requires a letter on letterhead confirming three things:

1. Confirmed date of funeral
2. Relationship between the deceased and the student
3. That the student is required to attend

The letter can come from one of these places as long as it is on their letterhead:

- ⇒ Your local Police Officer
- ⇒ A local elder
- ⇒ Your local health clinic
- ⇒ Your local Shire Council office



Boarding at MSB

The group will look like this



## Extension to our family

Our resident chickens have had babies and we now have little chicks running around. They visited the dorms last week and



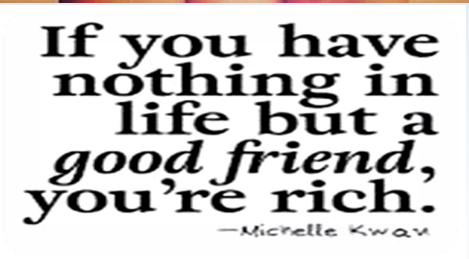
Mrs Sonya Frost - Administration Residential

[www.msb.qld.edu.au](http://www.msb.qld.edu.au)

# Assistant Principal Student Wellbeing Report



Mr Dan Niemerg



This week in PBS students have been learning about ‘Being A Good Friend’. A very important skill for students to learn and live a great life. Good friends are fun to hang out with, share, they are honest and caring and good listeners. They don’t judge us, they comfort us and they stick around when the going gets tough. A good friend is someone that you can count on the have your back and be a supportive person in your life. Everyone wants a good friend, but we should all strive to also be that good friend for someone else.

So think about the things you can do to be a good friend at MSB.

- 1. Show and Tell them how much you appreciate them
- 2. Forgive. Don’t hold grudges
- 3. Don’t say you are too busy to hang out
- 4. Defend your friends when they are not around
- 5. If your friends safety is ask risk, get the help they need.

**Mr Dan Niemerg - Assistant Principal - Student Wellbeing**

## Who won the swag?

Congratulations to Zoey Camp who won the fabulous MSB NAIDOC raffle. Donated by the Lyall family. the prize was a sturdy Kings’ Big Daddy Deluxe Double Swag valued at \$260.

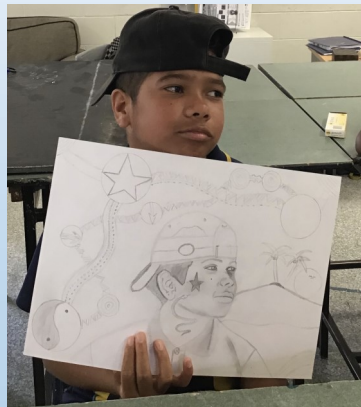
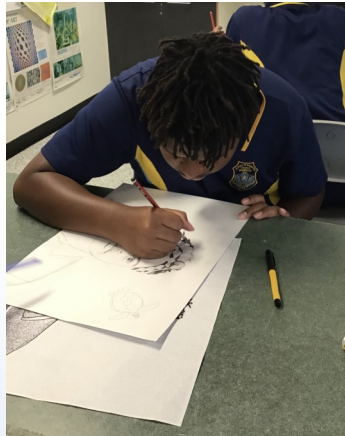


Image: 4WD Supa Centre. <https://www.4wdsupacentre.com.au/>

Big thanks to the **Lyall family** and **Jacinta Lyall (Year 12)** who sold so many tickets. The prize was sought after by many students and staff and raised over \$300. Money raised will fund the purchase of new readers for our literacy program and improve reading outcomes for students.

*C Weedon*

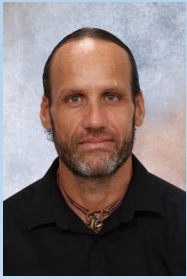


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# Certificate II in Kitchen Operations Report

A big congratulations to the following Year 11 and 12 Hospitality students who successfully completed the Certificate II in Kitchen Operations course: Annatania Escott, April Tabo, Heidi Luke, Kaylisha Mamarika, Shennelle Roughsey, Jakayda Schreiber and Haeden Tuhoro. This is a fantastic industry-based qualification, which provides practical pathways to work in commercial kitchens, cafes, restaurants, bars and many other hospitality sectors. The students learnt the basics in food preparation and equipment, developed their cookery skills, and understood the procedures in keeping a safe, hygienic workplace.



Mr Marcello Cecchi

A big shout out to TAFE Chef Steven Gould, who mentored the students through this lengthy and involved process, and specifically taught the students the basic skills and knowledge that they need in the industrial kitchen. A big thank you to Moira Dettori and Warren Thomson who ordered the kitchen stock every week and finally, special thanks to Sonya Frost. for getting the students to attend the on-line theory courses on the Wednesday evenings, and the mandatory shifts in the boarder’s kitchen.

Many thanks to all those involved in helping the students achieve this result. The 2021 Kitchen Operations class is a great example of how Mount St Bernard College is continually striving to close the gap with its many Torres Strait and First Nations students. I wish all the Kitchen Operations students the very best in their future endeavours.

## Mr Marcello Cecchi - Teacher



The October edition of the *Cairns Diocesan News* magazine is now available for viewing on our website. Please click on the link below and this will take you straight to the magazine.

<https://online.fliphtml5.com/xgvmy/bowi/#p=1>



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](mailto:hobrien1@cns.catholic.edu.au) or phone Hillary O'Brien on Ph: 4096 1485

## Upcoming Events 2021 Term 4

**Wed 10 - Fri 12 November - Year 7 Camp @ Mungalli Falls**

**Thurs 25 November - Community Day @ Quinola Lakes & Last Day of School Year**

**Fri 26 November - Boarders Travel Day home for School Holidays**

**Fri 26 November - Fri 3 December - Staff Week**

## 2022

**Mon 17 January - Fri 21 January - Staff Week**

**Mon 24 January - Returning Boarders Travel—New Boarder Travel**

**Tuesday 25 January - All Classes Commence—New Boarder Travel**

**Wednesday 26 January - Public Holiday**

**Thursday 27 January - New Student Orientation**



### Well Women's Clinics

(These clinics are available to Medicare eligible clients)

Service includes Cervical Screening, Sexual Health Screening, Breast Awareness, 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 30th November  
Ph: 4091 0263

### Malanda Health Centre

Wednesday 10th November  
Ph: 4096 5339

## *St Monica's College Alumni Christmas Lunch 2021*

**Celebrating 200 Years of Catholic  
Education**

SUNDAY NOVEMBER 21  
SEVILLE MERCY CENTRE  
11.30 FOR A 12 MIDDAY LUNCH  
\$40.00 (INCLUDES DRINKS)

Seville Mercy Centre  
Bauhinia Avenue Earlville

With Special  
Guest  
Alumnus  
Coroner  
NERIDA WILSON

Tickets can be purchased at  
<https://www.trybooking.com/BUQIC>  
or through the College Office (4042 4800)

Please book before 11am on 17 November  
for catering purposes.

All past and present members of our  
school community are welcome.  
(This is an 18+ event)

## Team Momentum



**Thursday 16th December**  
8.30am - 5.30pm  
\$65.00 per child  
LIMITED POSITIONS AVAILABLE  
Call or Email to book your spot  
E: [info@momentumgymnastics.com.au](mailto:info@momentumgymnastics.com.au)  
P: 40912114



Atherton Showgrounds  
Cnr Robert & Louise  
Streets  
P: 4091 2114  
[info@momentumgymnastics.com.au](mailto:info@momentumgymnastics.com.au)

