2008 - MONTE STUDENTS WITNESSING THE NATIONAL APOLOGY TO THE FIRST PEOPLES AS IT HAPPENED AT PARLIAMENT HOUSE
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**MONTE VIDEO NEWS**  
2017 HIGHLIGHTS
FROM THE PRINCIPAL

Dear Parents and Friends of Monte,

In the tradition of our founder Catherine McAuley, we encourage our girls not to be spectators but to be active participants in the College’s significant traditions, religious ceremonies and rituals that make our College so rich in history and culture.

Traditions such as the gifting of our crested badge, with the words of our school motto - religio scientia cultus, which translates to what we believe, what we know and what we value, and the College song, are both strong symbolic rituals that connect our girls to Monte’s heritage.

Active participation in spiritual traditions such as morning chapel service, liturgies, Ash Wednesday, the blessing of Bindarray.Ga and sacred Smoking Ceremonies encourages our girls to be ‘present’ and ‘still’ in the moment whilst connecting to the essence of what it is to belong to a community of mercy.

Historical ceremonies such as Anzac Day and the daily raising of our flags create a social awareness of a community and a world beyond the individual where as cultural and social traditions such as our lauded Annual House Plays build lasting friendships and a secure personal student identity.

Yesterday our students and staff united in prayer at our Commencement Liturgy, the first of many significant college traditions throughout the year. We warmly welcomed new students and staff as they personally embarked on their Mercy journey. Inspired by the example of Catherine McAuley, and developed by our senior leaders of the College, our liturgy focused on Finding Yourself in Selflessness.

On February 8, 2008 a group of Montestudents alongside Aunty Julie Smith, Sr Carmel McDonough RSM, Ms Natalie Hendricks and Mr Stephen O’Rourke proudly witnessed the National Apology to the First Peoples on the grounds of Parliament House in Canberra. This week marked the ninth anniversary of the Apology, a sacred moment in history. In Chapel this week our Year 10 students focused on the significance of this historic event and the importance of recognizing this day through our ritual of prayer. As a community we pray for our shared vision of reconciliation and unity for all indigenous and non-indigenous Australians.

I look forward to warmly welcoming our Year 7 families this Sunday at our Year 7 Welcome Mass and Dinner.

God Bless.

Mrs Nicole Christensen
Principal
SR LECIA’S THOUGHTS

Dear Readers,

As you probably know, Monte has chosen to dedicate this year to “MERCY THROUGH SERVICE”. Many Staff and Students have already placed inspiring descriptors around this concept. See, for example, the student-designed covers of our two School Planners.

Delving deeper, I find myself pondering this ideal of Service, shot through with golden rays of Mercy. It occurs to me, especially after hearing a heartfelt Homily on last Sunday’s Readings, that in whatever we do, our inner attitudes and motives are very important. Sometimes we can wear ourselves out doing good things for the wrong reasons. Mixed motives can get in the way of the pure intention of serving God as the Beginning and End of all our actions. We can be exactly like those Pharisees Jesus condemned so harshly for parading their good works just to draw attention to themselves! It is Love that must be at the pinnacle of all our Service.

Truly, God loves His Creation, and desires the well-being of every one of His creatures. As St Teresa of Avila reminds us, God needs us, in all our giftedness, to show forth His loving mercy. Ours are the eyes through which Christ now looks out with compassion for the world. And it is our warm-heartedness that assures people we love them too.

In St John’s Gospel, we find Jesus, in His Last Supper Proclamation, describing Himself as the Vine, and us as its branches (John 15:1-11). We need to ponder these powerful words as we undertake our “Service Through Mercy”, and invite Wisdom to guide us.

But what is this Wisdom? A brief overview of last Sunday’s Readings may enlighten us. In Sirach 15:15-20, we are told that Wisdom entails keeping God’s commandments and Choosing Life. In 1 Corinthians 2:6-10, Paul speaks of Wisdom as the mysterious, hidden Wisdom of God, as all that God has prepared for those who love Him. In Matthew 5:17-37, Jesus upholds the importance of the Law, but warns that following the letter of the Law whilst ignoring its spirit, will never bring Wisdom. It is our inner attitude that counts!

Finally, a message from Pope Francis: “Being a believer means learning how to see with the eyes of faith. Take action! Live to the full. And when others see the witness you give, they may ask why do you live this way?”. Francis asks us to pray that all who are afflicted, especially the poor, the refugees, and marginalized, may find welcome and comfort in our communities.

This week, as we comfort the afflicted, or do any other work of mercy through service, let us see things as they are, then work towards changing them to what they should be: May we be wise enough to do all for the love of God, who accepts what we do to others as done to Himself!

Best wishes from
Sr Lecia RSM
Welcome to 2017 from the PDHPE Department. At the start of this new school year, the PDHPE staff has focused on getting to know the students in their classes as quickly as possible. We understand implicitly the importance of building positive relationships with all our students, especially because of the sensitive nature of the issues and content that can be explored in the PDHPE classrooms across the year. Students may be asked to introduce themselves to their teachers through a written piece of work; play some icebreaker games or establish short and long term SMART goals for 2017. These activities help to create a dynamic within the classroom that can allow students to develop important life skills in decision making, conflict resolution, social interaction, problem solving and resilience. This year, many of the year groups will be issued with workbooks, which have been created by PE staff, to cater specifically for the diverse needs and requirements of our school population.

Physical literacy is the mastering of fundamental movement and sport skills that permit students to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations. It supports long-term participation and performance to the best of one’s ability. It is an integral part of the MYP and BOSTES curriculum and students will have allocated practical, as well as theory lessons, across the timetable cycle. The broad scope of activities offered across any year, encourages students to be open minded, balanced risk takers, embracing the MYP Learner profile characteristics. Therefore, it is important that students are changed appropriately and ready for involvement in all practical classes, regardless of their capabilities in certain sports or activities. If students are unable to participate in practical activities for any reason, a note from home should be addressed to the teacher.

“You can’t put a limit on anything. The more you dream, the farther you get.”

Michael Phelps
Social networking sites play an increasingly greater role in the lives of young people. In this medium, teens often source health information online, and can be swamped with the latest diet and exercise fads through online fitness communities or be exposed to negatives related to self-esteem and body image. As it is often difficult for teens to identify which information is accurate and credible, it is our role in theory lessons to give all students opportunities within the curriculum to develop, not only physical literacy, but also critical health-related media literacy skills that allow them to understand, analyse and evaluate the quality of health information found online so that they might be empowered to make valid, personal and relevant decisions.

Term 1 is busy, with many internal and external active opportunities for each year group to enhance their curriculum application. Year 7 will have had introductory aquatic and athletic lessons before the full school carnivals take place. Year 9 are having lessons from NSW European Handball specialists as well as investigating how to cook healthy food options in the TAS kitchens. Year 10 will be investigating MYP Key and Related concepts of Relationships and Movement and Space through inquiry into developing interconnected movement patterns. This unit of work was launched last week, with all of Year 10 participating in a Dance Day where there were opportunities to participate in numerous genres such as Hip Hop, Jazz, Zumba and Aerobics. Our elective Year 10 Physical Activity and Sport Studies (PASS) classes will be learning the basics of Cheerleading culminating in an opportunity to demonstrate their level of skill acquisition at an Open Day display later this term.

MonteActive has begun again this term with Marie Giovannone up to the end of Week 4, and then from Week 5 under the guidance of Miss Katie Barton, who is part of the Sports Department staff. MonteActive is a fitness program run specifically for students and will be offered across a number of afternoon and morning sessions. The program includes regular strength and core training focusing on increasing stamina and flexibility. All activities are run in a small, dynamic team environment encouraging every student to try new activities and venture beyond their comfort zone, whilst catering to their individual needs and exercise goals. Please see the PDHPE Department for further details or to join in this program. Girls are also encouraged to use the Gym when it is open to students. It is available every morning for student use from 7 – 8am and on Monday, Wednesday and Thursday afternoons from 3.30 – 4.30pm. We are also trialing a Friday lunchtime session from 12.50 – 1.20pm. During these times the gym is supervised by a PDHPE teacher and girls can discuss setting up a program with them that is specific to their needs.

Finally, I would like to take this opportunity to congratulate the class of 2016 on their extremely strong results in HSC PDHPE and Community and Family Studies (CAFS), and the inaugural IB Diploma Sports, Exercise and Health Science course. All results are a true acknowledgement of the effort and dedication of both the students and the team of HSC PDHPE teachers involved in preparing them for their exams.

Mrs Kim Vandervelde
Head of PDHPE
SPORTS REPORT
Congratulations

Congratulations to Year 7 students who participated in the Year 7 Cross Country on Wednesday at St Leonards Park. Results will be posted in Monte Matters next week. Thanks to all staff involved.

Congratulations to the Monte softball team playing at CGSSSA Championships. They won the Plate Final finishing 5th overall. Great job girls.

Good luck

Good luck to the girls playing in the Monte Cricket Team at the CGSSSA Cricket Championships on Tuesday 21st February.
Nominating to participate in a Monte sport

MonteConnect is the place to nominate to play a sport, get relevant information and permission notes and access draws, venues and all other specific information. Parents can log in with their daughter to see the relevant information. Each sport has its own page and can be accessed from the Sport page.

Anyone who nominates by the due date will be able to participate.

The following sports are now taking nominations:
- Soccer – nominations close 24 February
- Tae Kwon Do
- Aerobics
- Yoga
- Swim Squads

Soccer

Nominations for Soccer (Term 2 & 3 Sunday Competition) are open. All details and permission slips are on MonteConnect (Soccer page). Nominations will close 24th February. Trial dates are still to be set after the first trials were cancelled due to the heat. Details will be emailed to all girls who have nominated.

Tae Kwon Do

Nominations for Tae Kwon Do are now open. Please see details on MonteConnect (Tae Kwon Do page) for information and permission notes. Training is on Monday’s 3.30-4.30pm in Mercy Hall. Come and try – first session free.

Aerobics

Aerobics will commence on Friday 24th February at 6.45am - 8.00am in the McQuoin Centre. All details are on MonteConnect (Aerobics page). Please nominate on MonteConnect and upload the permission slip. Any girl can try Aerobics for one session, and then decide if you would like to continue.

Yoga

Yoga will commence on Friday 24th February at 7.00am -8.00am in Mercy Hall. All details are on MonteConnect (Yoga page). Please nominate on MonteConnect and upload the permission slip. Any girl can try the first session without being charged, and then decide if you would like to continue.

Volleyball Report

From the 4-9th of December 2016, 9 Monte girls competed in the 2016 Australian Volleyball Schools Cup in Melbourne, alongside Ms Barton, Monte One coach Kelsey Aquilina and Tania Dorahy. The team consisted of Selina Da Silva (Yr12), Sarah Bouchard (Yr12), Charlotte Lloyd (Yr12), Rosie Loneragan (Yr12), Gioia Spano (Yr11), Sophie Brennan (Yr11), Holly Anderson (Yr10), Milicent Roach (Yr9) and Isabela Beltran Vargas (Yr9). Many of the girls in the team had not previously played at a national tournament and had only played 1-2 seasons of volleyball, and as Monte was the only team from NSW in their pool, the girls did not know what they were up against.

Despite only having a few training sessions before the commencement of the tournament, the girls were ready to try their best and see what they could achieve. The girls performed extremely well and remained undefeated for the first half of the tournament. After a disappointing loss on Wednesday, the girls had to work their hardest to ensure they would make the gold medal finals. In the semi-finals, the team had to verse the number 1 ranked team in the pool and beat them in a 3 set play off. This was a huge confidence booster for the girls, and as a result they were eager and ready for the gold medal match.

After an equal result in the first 2 sets, the girls aimed to stay positive and try their best for the final set. Monte won by a convincing amount in the last set and finished in first place overall. This amazing result couldn't have been accomplished without the hard work and determination of both the girls and coaching staff. It was a great experience and allowed us to come together as a team, and I wish all the girls the best of luck with volleyball in 2017 and future years.

Charlotte Lloyd
Volleyball Captain
SPORTS REPORT

IGSSA Tennis

Competition on Saturday 11th February was cancelled due to the extreme conditions. Girls can find all details regarding, draw, venues and rules on MonteConnect (Tennis page). The draw is also available on the IGSSA mobile site myIGSSA.

Any unavailability please discuss with Mr Vandervelde in the Sports Office.

ESSG Water Polo

The ESSG Water Polo competition commenced last weekend. Only 6 of the 13 Monte teams played, with mixed results. Round two of competition is on Saturday 18th February and sees all teams playing. The draw is available to the girls on MonteConnect – Water Polo page.

Some of the teams need more players. If any Year 8 girls are keen to play water polo please contact Mr Vandervelde in the Sports Office.

Any unavailability please discuss this with Mr Vandervelde in the Sports Office.

Easts Touch

Games on 11th February were cancelled due to the extreme weather conditions. The first games of the season are on Saturday 18th February. The draw is available on the attached link Easts Touch Draw.

Sports Fixtures Newsletter

Each Friday when you receive your link to Monte Matters you will notice a second link that is to our weekly Sports Fixtures Newsletter. On it you will find draws or links to draws for Monte teams playing on the weekend.

Sports Department Staff

Please feel free to direct your specific enquiries to to me on mvandervelde@monte.nsw.edu.au or contact the relevant staff member.

Mr Michael Vandervelde: Sports Program Manager, Waterpolo, Tennis and Football
Phone: 9409 6420
Email: mvandervelde@monte.nsw.edu.au

Mrs Liz Morgan: Sports Administrator looking after Hockey, Dance, Aerobics and Softball. Mrs Morgan works on Monday, Tuesday and Thursdays.
Phone: 9409 6421
Email: lmorgan@monte.nsw.edu.au

Mrs Tania Dorahy: Head Netball Coach and Emerging Athlete Support Program.
Phone: 9409 6422
Email: tdorahy@monte.nsw.edu.au

Miss Katie Barton: Netball, Athletics, Snowsports, Volleyball and Duke of Edinburgh's Award.
Phone: 9409 6423
Email: kbarton@monte.nsw.edu.au

Mr Matthew Rowan: Head Coach for Touch Football, Basketball, Athletics and Cross Country.
Phone: 9409 6487
Email: mrowan@monte.nsw.edu.au

#ITSOK2PLAY – even if you don’t have the time.

Michael Vandervelde
Sport Program Manager
MONTE NOTICES

WOMEN’S VOICES AND LEADERSHIP FOR ENVIRONMENTAL MANAGEMENT

International Women’s Day Breakfast
WEDNESDAY MARCH 8 2017

GUEST SPEAKERS

Judith Friedlander, is a journalist, academic and post-graduate researcher on environmental strategies and food sustainability. Judith is the founder of FoodFaith, a programme bringing together food and faith.

Dr Anita Ho-Baillie (Monte Alumni 1994) is a Senior Research Fellow at UNSW specialising in Si solar cells and groundbreaking material for solar devices.

TIME:
7.00 - 8.25am

COST:
$12 per person

VENUE:
McQuoin Centre,
Monte Sant’ Angelo Mercy College,
128 Miller Street, North Sydney

ENQUIRIES:
Cmcdonough@monte.nsw.edu.au

BOOKINGS:
www.trybooking.com/OVFD

Monte Sant’ Angelo Mercy College
MONTE MATTERS

MONTE NOTICES

YEAR 11 PARENTS
MYP RECOGNITION AND AWARDS CEREMONY INVITATION

When: Thursday 23 February 2017

Time: Refreshments 12:00pm – 12:20pm
Ceremony 12:20pm – 1:15pm

Where: McQuoin Centre

Please join us to congratulate the Year 10 Class of 2016. Refreshments for parents and guests will be served preceding the Recognition and Awards Ceremony. Please ensure you RSVP with number of guests attending by Friday 17 February 2017 to Rosemary Trenaman rtrenaman@monte.nsw.edu.au

PERFORMING ARTS

A reminder about rehearsals and forms this week. Please check the Performing Arts noticeboard for your ensemble time. If you haven’t already, please return your ensemble or lesson form asap.

Please contact Ms Walmsley if you are interested in our Introduction to Violin and Cello classes. We also have trombones, tuba and euphoniums available for hire and tuition.

All musicians should have joined an ensemble by now if you’re not sure of which group you

should join please contact Ms Walmsley

Please note the following workshops in Week 5

Concert band (Monday 20th 3.30-5.30)
Orchestra (Wednesday 22nd 3.30-5.30)
Wind ensemble (Thursday 23rd 3.30-5.30)
**MONTE STUDY CENTRE TERM 1, 2017**

**FREE STUDY HELP BEFORE AND AFTER SCHOOL IN THE MONTE LIBRARY**

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<th>TAS/ART: Portfolios  Mrs Betteridge</th>
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<td>MATHS: Mr Baker (Day 1)  Ms Cootes</td>
<td>ACADEMIC SUPPORT: Mrs Shepherd</td>
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<td>ENGLISH: Mrs Sandral</td>
<td>HSIE: Business Studies, Legal Studies  Mrs Smith (Day 8)  Economics, Business Studies  Ms Jiang (Day 3)</td>
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<td>RESEARCH SKILLS: Mrs Brown</td>
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<td>Thursday morning 7.30 - 8.15am</td>
<td>ENGLISH: Mrs Harte</td>
<td>HSIE: Business Studies, Legal Studies  Mrs Smith (Day 9)  Economics, Business Studies  Ms Jiang (Day 4)</td>
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<td>Thursday afternoon 3.30 - 5.00pm</td>
<td>ENGLISH: Essay writing, Time management  Mr Curry</td>
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<td>R.E./STUDIES OF RELIGION: Mrs Torpy</td>
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**SYDNEY CATHOLIC SCHOOL CHORAL FESTIVAL**

_Have you ever wanted to sing a fantastic choral piece as part of a huge choir? YES_  
_Then the Sydney Catholic School Choral Festival is for you! This is a unique opportunity for Term 1 only, culminating in a performance in Week 2 of Term 2._

**WHO?** Monte Sant’ Angelo Mercy College, St Aloysius’ College, St. Mary’s Cathedral College and Santa Sabina College will combine to sing as a massed choir  
**WHAT?** John Rutter’s Gloria  
**WHEN?** Thursday 4th May  
**WHERE?** St Mary’s Cathedral

**WHY?** Because it will be an unforgettable experience to sing as part of a massed choir, under the direction of a leading conductor from the UK.  
**ALL GIRLS ARE WELCOME** – please sign up on the Notice Board outside the Performing Arts staffroom no later than Monday 20th February! Girls who auditioned for Monte Singers, but just missed out, are strongly encouraged to join.  
Rehearsal for the Catholic Festival Choir will take place on Tuesday mornings 7.20-8.20 for TERM 1 ONLY. There will also be 3 Wednesday afternoon rehearsals (3.20-4.30pm) on 8th, 15th and 29th March.  
Mrs Paillas and Mrs Cooper
GREAT NEWS FOR PARENTS & STUDENTS

OUR SCHOOL HAS SUBSCRIBED TO AN ONLINE & INTERACTIVE STUDY SKILLS HANDBOOK

The ELES Online Study Skills Handbook provides a comprehensive and interactive online guide for the school community (students, parents and teachers) as to the study skills needed for success in high school studies. This approach taps into students’ affinity with technology to create a new and effective way to improve students’ study skills.

This is a great online resource for parents and students to address all their study skills issues and concerns and enable students to learn new ways to improve their results at school. The handbook has a huge amount of information for both students and parents as well as a large number of interactive activities.

The topics currently covered by the handbook are:

- **AT HOME**
  1. Home Study Environment
  2. Organisation & Filing
  3. Time Management Skills
  4. Managing Your Know
  5. Dealing with Distractions
  6. Overcoming Procrastination
  7. Developing Motivation
  8. Goal Setting
  9. Lifestyles & Balance
  10. Managing Stress

- **STUDYING**
  1. Summarising
  2. Active Studying
  3. Preparing for Exam Blocks
  4. Test-Taking Techniques
  5. After Tests & Exams

- **AT SCHOOL**
  1. Will we ever use this?
  2. Using Classtime
  3. Asking for Help
  4. Dealing with Conflict
  5. Groupwork Skills

- **SPECIFIC SKILLS**
  1. Reading Skills
  2. Writing Skills
  3. Mathematical Skills
  4. Science Skills
  5. Foreign Language Skills
  6. Assignment Skills
  7. Research Skills
  8. Presentation Skills

- **EXTRA GENERAL MINI-UNITS**
  1. Starting Secondary School
  2. Becoming a Senior Student
  3. Bullying: Issues & Strategies
  4. Managing Part-Time Inths
  5. Your Brain and Memory
  6. Live Your Best Life
  7. Educational Kinesiology
  8. Living Across 2 Houses
  9. Travel: A Motivator to Learn
  10. Uni: Lecture Note-Making

- **EXTRA TECHNOLOGY MINI-UNITS**
  1. Technology Tools
  2. Basic Computer Skills
  3. Be CyberSmart
  4. Useful Apps for iPads
  5. Microsoft OneNote

We encourage all parents and students to take advantage of this opportunity to further develop their students’ study skills abilities through this online resource.

www.studyskillshandbook.com.au

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Enhanced Learning Educational Services
“the study skills specialist”

P: 0416 293 087  F: 02 9908 1893
info@enhancedlearning.net
www.enhanced-learning.net

To access the handbook, go to www.studyskillshandbook.com.au and login as a subscriber with these details:

USERNAME:  
PASSWORD:  

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