YR 9 FATHER'S DAY LITURGY

YearOfMercy
2016

MONTE MATTERS
8 SEPTEMBER 2016 / TERM 3, WEEK 8
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Dear Parents and Friends of Monte,

There is an exceptional history of family “giving” at Monte and we greatly appreciate the generous support of our Monte fathers and Mercy men.

It was heartwarming to see the large number of fathers who filled the Monte Chapel last Friday for the Year 9 annual Father’s Day Liturgy and morning tea. This very moving liturgy certainly reflected the unique and loving relationships that support the formation of your daughters’ lives.

Every year, Monte men contribute their wisdom, expertise and time in support of the ongoing improvement and development of the College’s mission, governance, academics, sports, technology, culture, finance, facilities, fundraising, P&F and community.

You are an essential part of the heart of our Mercy community spirit. We thank you for your desire to help us provide the very best educational opportunities for your daughters and also for those students facing financial hardship.

The provision of Catholic schooling is seen as a part of the mission of the Church in supporting home life and providing a real freedom of choice for Catholic parents. By cooperating together, the home, the school and the parish can provide a strong, safe and focused community in which children can grow spiritually, physically and emotionally.

I would like to take this opportunity to thank our retiring P & F President Andrew Rutherford who handed over the Presidency to Margot Henville at Tuesday’s P & F AGM. The College is most grateful and appreciative for Andrew’s generous gift of time and talent in leading the P & F during his term. We wish Margot and the newly elected P & F Executive a most rewarding year ahead and thank you all for your support of the College and community.

Dear God,

Help us to value the work of our hands, minds and hearts, as a way of participating in your ongoing creation, as a way of building relationships and building a more just society. Give us the insight and courage to build a society where everyone shares the riches of the earth and the wealth of our endeavours.

Help us to reach out to those less fortunate than ourselves: Indigenous families, asylum seekers and refugees, people who are homeless, or living in poverty, families struggling to meet the needs of those with a disability.

We pray for all families, that we may all live life to the full and that we all, in our families, Church and society, work tirelessly to bring this about.

God Bless

Mrs Nicole Christensen
Principal

The College would like to extend our thanks and appreciation to the outgoing members of the P&F committee:

Jean Shatek – Friends of Mercy
Rachel Eagleton – Assistant Treasurer
Ed Larkin – Treasurer
Joanne McNamara – Committee member
Anna Stackpool – Committee member
Lauren Heath – Committee member
Catherine Hnidec – Secretary
Term 3 has been a busy time for students participating in enrichment activities offered by the college. As you read in last week’s Monte Matters, a group of Year 9 students won their Science and Engineering Challenge event in Homebush, showing teamwork and skill in complex scenarios beyond those that they experience in the classroom.

Earlier in the term, eight students from Years 8 to 10 participated in a Philosophy cluster day at St Patrick’s College Strathfield, where the theme of the day was Justice and Morality. The students made a huge impression on the staff and students they worked with from schools across Sydney. The Monte girls enthusiastically participated in communities of inquiry discussions and the large-scale debate on the morality of ‘whistleblowers’ at the end of the day. Exciting, tangible connections were made with students with similar interests in Philosophy: it was fascinating to see the girls passionately arguing about the morality of paying sportspeople more than teachers during what was supposed to be the lunch break!

As you read this column, Miss Kate Murray is escorting a group of students to Beaux and Belles, a collaborative event at Christian Brothers High School Lewisham that draws on the passions and expertise of the students attending. Each of our 8 representatives has been chosen for a specific talent. Areas include poetry, music composition, game design and filmmaking. They are working in small groups with students from other schools to create a solution to a practical problem posed in their area whilst enjoying the chance to work with like-minded peers.

In the last week of term, Adelaide Hayes (Year 9), Tara Doyle (Year 10) and Olivia Smith (Year 11) will be representing Monte at the Sydney Philosothon, this year to be held at St Andrew’s Cathedral School. All three students were part of Monte’s National Philosothon team in 2015 and have shown themselves to be thoughtful, creative philosophical thinkers. The topics this year include “can a robot be conscious?” and “is there a right to be rescued?” I wish the girls the best of luck at this challenging event.

“The students made a huge impression on the staff and students they worked with from schools across Sydney.”

Finally, it is my pleasure to share with you the success of one of our middle years Future Problem Solving teams, who have been invited to the National finals in October. Jordan Parsons and Zoe Cobcroft (Year 8) and Natalia Toh and Sophie Quoyle (Year 9) will be travelling to Melbourne to compete in their category. Less than 10% of teams are invited to the nationals each year so this is a fantastic achievement, especially for a group in their first year of FPS. The topic for the finals is “The Global Workplace” and involves consideration of issues including the changing nature of physical work spaces, a globalised workforce and increased automation of tasks. Well done and good luck girls!
The theme of neighbours helps us understand the past's impact on the present. It includes stories at a micro level (individuals, families and communities) and at a macro level (between regions, countries and continents). It has created identities and been a source of both conflict and friendship.

In 2016 History Week focuses on some of the following and related questions.

- How important were class, the economy, gender, governments, the media, race, religion and sport in the formation of ideas regarding neighbours?
- How have attitudes regarding a nation’s geographic neighbours determined defence, foreign, immigration, refugee and trade policies?
- Did new types of communication and transport from the nineteenth century onwards radically alter how neighbours and neighbourhoods were perceived?

During History Week this year, local councils and libraries, such as North Sydney Council and Stanton Library, open their doors to present the latest in today’s historical research. Mrs. Melloy and Ms. Smith represented the HSIE Department by participating in the local guided walk and historical discussion on St Thomas’ Cemetery (& Sexton Cottage) with Council Historian Dr. Ian Hoskins.
2016 Australian Geography Competition

In Semester One, all students studying Geography in Year 9 (for that semester) participated in the Australian Geography Competition. This competition aims to encourage interest in geography and assesses students' geographical knowledge and skills. The students are to be commended for participating in this competition and the HSIE Department wishes to acknowledge and congratulate the following students on their outstanding results:

**High Distinction:** (top 10% of the nation)
Natasha Augustus; Eloise Chang Hunter; Jade Edney.

**Distinction:** (top 20% of the nation)
Sarah Denison; Emily Donohoe; Sara Freilinger; Elia Henry; Elizabeth Kells; Isabella Lynn; Olivia Morahan; Ella Nugent; Sarah O'Sullivan; Alice Pagliaro; Sophie Perrott; Abigail Rutherford; Natalia Toh; Olivia Trani; Sascha Zenari.

**Credit:** (top 30% of the nation)
Abigail Lewis; Katelyn McConville; Megan McGrath; Freya O'Neill; Meg O'Shea; Maddison Barraket.

The competition was managed and facilitated by Ms. Tumilty (PL Geography), and she will be presenting these certificates at the next Year 9 year meeting this Term. Ms. Tumilty has also organised this year for all Year 9 Geography students, irrespective of the semester of study, to undertake the weekly “Geography in the News” Competition. This is providing great insight for our students on Australia’s place in our region and contemporary geographic issues that are occurring around the world.

All students undertaking Business Studies in Year 11 showcase their understanding of the key functions of business, by running their own company. The students are expected to register a name and idea for their company, source funds (usually parents & friends), provide resources and organise the practicalities of serving customers. The business mini market this year will be held at lunchtime on Wednesday 21st September. All profits from the day will be donated to a Mercy Charity.

**Legacy Tuesday 30th August**

Legacy is dedicated to caring for the families of those who have served their country. This extends to veterans who have served in war and on peacekeeping and humanitarian missions. Legacy Week is the national appeal that raises awareness and funds and was held from the 28th August to the 3rd September. Ms. O’Haier and Ms. Macken facilitated the Year 10 students involvement in this cause as part of their Community and Service project. We acknowledge and congratulate all those involved in supporting this valuable cause.

**Chatswood Rail Station & Interchange with Ms. O’Haier**

Lea Waterhouse, Christine Ha; Rachel Maroun; Olivia Ryan; Cameryn Gibson; Maeve Gallagher; Eve Gaha; Mikayla Van Klaveren; Jacqueline Fai; Bridgette Cleary; Isabelle Tawfik; Sara Ibrahim; Caitlin Quinn; Hanna Forsyth; Zoe Sullivan; Teresa Miller; Jessica Russo; Ruth Mukheiur;

**Artarmon Station with Ms Macken**

Emily White; Alexandra Fraser; Georgia O’Neill; Isabelle Goodenough; Samantha Murray.

“The Dalai Lama

“When we have inner peace, we can be at peace with those around us. When our community is in a state of peace, it can share that peace with neighbouring communities”
**Timor-Leste/ Australia Maritime Border Issue**

The recent Timor-Leste Cultural Immersion has continued to develop strong connections and relationships between this community and the students at Monte. We as young people are moved by the issue and keen to learn more, raise awareness and advocate for justice.

The ongoing dispute between Australia and Timor-Leste over maritime boundaries has now reached the compulsory conciliation stage under UNCLOS (UN’s Convention on the Law of the Sea) in the Permanent Court of Arbitration in The Hague. The case began on Monday the 29th August and recent reports have suggested that Australia has indicated it wants a resolution to the matter, as the disputed territory contains large oil and gas deposits worth an estimated $40billion.

For further information regarding the Timor-Leste perspectives on this issue we recommend the following useful web links:

1. [www.timfo.org](http://www.timfo.org), managed by Sister Susan Connelly (Sister of St Joseph), clearly explains the issue. It also contains excellent resources for sharing with people who may not be as educated about the maritime boundary especially the clip titled “Bad Neighbours” which outlines the border problem in under a minute.

2. [www.gfm.tl/](http://www.gfm.tl/) The site the official site of the Maritime Boundary Office in Timor-Leste and has great resources for educating and sharing with others to raise awareness of the issue.

Imogen Turnbull, Yr. 11
Last week we thought of our need for Faith, Hope and Love. Since Love alone will endure for ever, it is the most important of the three. How often have we said things like “I love my hot coffee”. In fact, we “love” anything that promotes our comfort, ease or prestige.

More accurately, “Love” refers to our attitude towards living beings and their Creator.

St John instructs about such Love in his first Epistle: 1 John 4: 7-19. He says “God is Love”. He means God first loved us and sent his Son to be the means by which our sins are forgiven. He reminds us that if this is how God loved us, we should love one another.

St John is describing ideal Christian Love. Jesus taught us we must love God above all, and our neighbour as ourselves. He says that by this Love, everyone will know that we are His disciples. He also adds “Love one another as I have loved you.”

At Mass last Sunday, you might have been alarmed by the Gospel Reading, Luke 14: 25-53.

If ever there comes a time when the call of God is at odds with family demands, God’s call must come first. The language of the Gospel is often exaggerated, to drive home a point. The phrase “hating mother and father” is an idiom of Jesus’ times, which may be translated for us as “Get your priorities right!”

There are many different kinds of love encompassed in Christian Love. We may sincerely say to someone: “I love you!”, meaning that you appreciate that person’s kindness or goodness. This is the love of friendship, but the person receiving the compliment might read more into it than you intend – perhaps an invitation to sexual intimacy. Should that happen, friendship becomes complicated, because sexual love requires exclusive commitment and responsibilities you may not be prepared to meet.
Unfortunately, we could be like the seven-year old who had a crush on a little girl in his class. Afraid and not knowing how to handle it, he decided to write her a letter, simply saying: “Get out of my school!” Fear and ignorance can deprive our world of love.

It is important to understand the meaning of Christian Love, because it is the bridge between us and everything else. It really means we must live in two realms, the seen and the unseen. God is to be our constant companion, our best and most powerful friend, and our love must extend to all his children. The characteristics of such love are very clearly seen in the life of Mother Teresa of Calcutta, who became St Teresa of Kolkata last weekend.

I wish for you all this week the opportunity to know the joy and challenge of true Love.

Sr Lecia RSM

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Hymn to commemorate Mother Teresa of Kolkata’s canonization as a Saint on 4th September, 2016

**Saint Teresa of Kolkata**

**1. God of Love, we praise and bless You now, for Saint Teresa’s Life,**

And the miracles You did for her to help her serve the poor.

She was given all she needed as a loyal missionary.

When she saw Calcutta’s poor ones, her heart was filled with grief.

She made plans to lift them from the gutters to a place of rest,

In the care of kind and gentle nuns, as proof of God’s own love.

**2. Loving God, You chose our Saint Teresa, and she followed You,**

Casting Light upon Your Way of Truth, in distant, foreign lands.

There she gathered many women, who were keen to share her dream.

She became their trusted Mentor, their Foundress and their Friend.

Now we see her Sisters in our midst, in this our native land,

And we pray they all may say with her: ‘Tis God who works in me’

**3. Saint Teresa had beseeching eyes that spoke to everyone,**

Making powerful people help her cause, when obstacles appeared.

In her love she never faltered; nothing shook her from Your Path.

With her faithful trust in Providence, she just battled on.

Saint Teresa, we now give you thanks for toil and care and prayer.

Lead us all to Works of Mercy as we strive to follow Christ!

**Melody: Gustav Holst (1874-1934) Well known as “My Country”. (See No. 437 in Catholic Worship Book II, “From Penola’s Plains”)**

**Text: Sr Leicia Coombe, RSM** (September, 2016)
STUDENT SHOWCASE
Congratulations to Nicola McManis who received an outstanding A in her 5th grade AMEB Classical Voice exam. Fantastic effort!

Also congratulations to the following girls for their fantastic results in the recent AMEB Saxophone exams:

High Distinction
Grade 5
Madeleine Teychenne

Distinction
Grade 5
Elizabeth Caine
Charlotte Freeborn

Credit
Grade 8
Megan McKeown

Grade 7
Hannah Clay

Grade 6
Tasha Lim

Grade 5
Isabella McGrath

Drama @ Monte

Throughout this term, a keen group of young dramatists have been meeting each Tuesday lunchtime to share in the delights of improvisation games and scene work. Initiated by Year 12 student Jessica Barallon and run with fellow Year 12 student Grace Newman, the student-led drama group have been developing characters through scripted and improved drama. This has been a wonderful opportunity for students with an interest in drama to further develop their skills in a relaxed and student friendly atmosphere.
Theatresports Update

Following the success of the Senior Theatresports team, placing 7th in NSW in the Theatresports Schools Challenge last term (see picture), Theatresports at Monte has continued to grow. This term the Junior Division commenced preparations for the Junior Schools Challenge. As an introduction to improvised theatre, 25 of our brave students have been working with Monte coach Bridie Connell to develop skills in offering, yielding, extending and advancing in their scenes. All of the girls are commended for their abundant enthusiasm, risk-taking and support for one another in this co-curricular activity.
Debating News

On Tuesday, Monte had two teams make it through to the highly competitive Archdale Grand Finals that were hosted at SCEGGS Darlinghurst.

In what was 2 very high calibre debates, both teams were sadly defeated, the Seniors by MLC (the 2015 reigning champions) & year 10 by SCEGGS.

The girls were humble and gracious and did the College proud. This is the first time in Monte’s debating history where 2 teams have made it through to the Grand Final and we are very proud of each and every one of them.
SPORTS REPORT
Play by the Rules

Play by the Rules is an excellent organisation whose motto is ‘making sport safe, fair and inclusive’. I encourage you to subscribe to their online magazine which comes out every couple of months. In particular I would like to draw your attention to a couple of articles from the last 2 editions entitled:

- “Just be there to cheer – parents at junior sport”; and
- “How the post-game ride home can kill your kids’ love of sport”

Please take a couple of minutes to read these articles which you can find at playbytherules.biz/t/pdfaug16/ & playbytherules.biz/t/pdfjune16.

Netball Grand Finals

Congratulations to all of the Monte Netball Grand Finalists and to those Monte students who were selected to umpire in Grand Final Matches. Unfortunately, Monte 51 & 53 were rained out on Friday evening so they have been re-scheduled to play this Friday night at 6pm. I encourage anyone who is available to head down and support our fearless 12 years groups.

Monte 1 def by Wenona 1 – Runners Up
Monte 2 def Willoughby – Champions
Monte 14 def by NSGH – Runners Up
Monte 18 def Northbridge – Champions
Monte 19 def Macabi – Champions
Monte 26 def by Redlands – Runners Up
Monte 33 def Macabi - Champions
Monte 38 def Loreto Kirribilli – Champions
Monte 40 def by Macabi - Runners Up
Monte 46 def by Loreto Kirribilli – Runners Up
Monte 1 and Monte 18 have also been playing in the IGSSA competition on Saturday mornings this term prior to their NSNA commitments. The College enters one or two teams into the IGSSA competition each year to give our top teams the opportunity to play against the top Independent school teams (something they do not get to experience at NSNA).

Monte 1 has been playing in the top Senior division and will be playing a semi final against Pymble Ladies College on Saturday morning. Monte 18 is our 15 A team from the NSNA competition and they have been playing in the second Senior Division at IGSSA. They have progressed through the round games undefeated and will play their semi final next Friday afternoon against New England Grammar School.

Good Luck

The hockey season has come to an end for all of our teams except Monte 1 who have progressed through to the Semi Finals of the IGSSA S02 division. The girls will take on MLC Burwood at MLC on Saturday at 9am.

CGSSSA Dance

On Wednesday Monte hosted the CGSSSA Dance Championships in the McQuoin Centre. We welcomed over 400 students from Catholic schools across Sydney who participated in Jazz, Contemporary, Musical Theatre, Hip Hop and Tap genres. I look forward to reporting next week on how out teams went.

#ITSOK2PLAY – if you are a spectator – just be there to cheer!

Stuart Hanrahan
Sport Program Manager
SPORTS REPORT

From the Hockey Captain

On 26 August, Monte 1, 4 and 5 travelled to Moorebank to compete in the annual CGSSSA competition. This year was the first year that Monte was allowed to enter two junior teams. It was a fun-filled and action-packed day, with plenty of camaraderie between all the teams. Monte 1 and 5 played some fabulous hockey, although they were unfortunate to not make it into the finals. Monte 4 played amazingly well, topping the junior division. They faced Loreto Kirribilli in an intense final, Monte prevailing, winning 1-0. The day would not have gone as well if it was not for Ms. Morgan, who kept us organised and was our greatest cheerleader. Special thanks to Amy, Eddie and Lydia who provided great guidance and inspiration throughout the day. Good luck to everyone in their last games before the finals; hope you smash it out of the park.

Charlotte Welch, Hockey Captain 2015/16
PARENTS & FRIENDS
Hi everyone

The Annual General Meeting of the P&F was held Tuesday night. Thank you to all the parents who attended.

I am delighted (and just a little bit relieved!) that all of the vacancies on the P&F Executive attracted nominations from parents (with the notable exception of the Treasurer role which Andrew Rutherford has kindly offered to fill on a temporary basis). Thank you to everyone who heeded the call to join the P&F.

Your new Committee members are:

- President – Margot Henville
- VP – Parent Engagement – Jenny Avvenevole
- VP – Social – Cathy Cooper
- Secretary – Ledi Hector
- Treasurer (Acting) and Past President – Andrew Rutherford
- Assistant – Secretary – Jacinta Anderson
- Assistant Treasurer/Trybookings – Ken Frauenstein
- Assistant Treasurer/Trybookings – Sam Parker
- Class Parent Co-ordinator – Mona Martyn-Smith
- Delegate to External Councils – David Jarjoura and Peter Gallagher
- General member – Trish McGregor, Donna Quinn, Josie Gabrielli

In addition to these Committee members, Alexis Cahalan and Nicole Ueland have agreed to take on the Friends of Music and Friends of Debating roles. The Friends of Mercy role remains vacant.

My heartfelt welcome to the new members of the Committee, and thank you to the outgoing members of the Executive. The P&F is in good shape thanks to your hard work over the past year.

Margot Henville
P&F President
MONTE NOTICES
From The College Shop

Year 9 Senior Summer Uniform Outfitting

The College requires students entering Year 10 to purchase a senior school summer uniform for the school year commencing 2017. This uniform comprises of a senior top and senior suit skirt.

Each homeroom has been scheduled to be fitted for their senior uniform on the dates listed below. Please come to the College Shop from 7.30am onwards. Your homeroom teacher will be here in the shop to mark the morning roll after the fitting.

Please note that the College Shop will be closed to all other students before school on these outfitting dates.

Faulty Blazer Piping

Some blazers that were purchased over the past 2 years have a fault with the piping, our supplier is aware of the problem and will repair the blazers at no cost.

If you purchased you new blazer in the last 2 years and the piping is coming undone, please return your named blazer to the College Shop for repair in the last week of this term – PLEASE NOTE THAT YOU WILL NEED YOUR BLAZER FOR YEAR 12 GRADUATION. The blazers will be repaired and returned for the start of term 4.

Help needed

This year, new students for year 7 and post Year 7 are being outfitted during term time. If you can help on the following dates between the hours of 8.00am and 12.00pm please contact Fiona or Nikki at the College Shop (9409 6256 or fell@monte.nsw.edu.au).

7, 8, 10, 14, 15, 17, 21, 22 and 24 November 2016.

Morning tea and lunch will be provided.

Staff changes

We have a new Manager of the College shop, Fiona Ell (9409 6256 or fell@monte.nsw.edu.au). Niki is staying on in the assistants role working Monday and Wednesday and Jan will be reducing her hours, but staying around to help in many areas around the campus as a casual. The shop opening hours will remain the same, Monday to Thursday 7.30am to 1:30pm.

Lost Property

Lost property will be sorted through at the end of term. Any unnamed items will be donated to the Clinic or St Vincent’s or disposed of as appropriate.
St Joseph’s College Dirty Rotten Scoundrels Musical 2017 Auditions - 19, 20, 21 September

Monte girls have been invited to audition for St Joseph’s College Dirty, Rotten, Scoundrels. Auditions are being held at the Drama Room, St Joseph’s College on Monday 19, Tuesday 20, and Wednesday 21 September 2016 between 6 – 8 pm. The musical will be performed on Tuesday 9 and Friday 12 May 2017. Rehearsals will be held Thursdays 6-8 pm and Saturday afternoons from 2:30-5:30 pm.

All interested students should collect an audition leaflet and permission note near the Performing Arts Noticeboard. Please note that only students who submit a completed green permission note will be allowed to audition. If you do not gain permission from all parties, you will not be able to take part in the show, even if you are offered a part, so prompt return of the green form is required.

Wednesday September 21:
The 2016 Monte Human Library

Have you ever wondered how a person communicates using the sign language Auslan? What it felt like to grow up under the notorious South African system of apartheid? Can you imagine the bond that forms between a visually impaired person and his guide dog? These are just a few of the questions that some of our visiting ‘human books’ will be able to answer in conversation with students on Wednesday September 21st (periods 2 and 3) in the Monte Library. Visit the Monte Library homepage in Monte Connect to view the 2016 Human Library books. Join us as they share their stories by reserving your place with a human book at the library desk.

REMINDER: BURSARY Applications close on Friday 16th September
### MONTE P&F ANNUAL GOLF DAY

Come and join current and past Monte parents for a great day of fun golf and prizes!

Book as an individual, arrange a group or bring a friend.

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<th>Date:</th>
<th>Friday 28th October 2016 – 8.00 am for 8.30 tee off</th>
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<td>Venue:</td>
<td>Northbridge Golf Club, Sailors Bay Road Northbridge</td>
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<tr>
<td>Competition</td>
<td>4 Ball Ambrose</td>
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<tr>
<td>Cost:</td>
<td>$60 per player including light lunch</td>
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<td></td>
<td>(Carts available - contact Northbridge GC)</td>
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<tr>
<td>Bookings:</td>
<td><a href="http://www.trybooking.com/MPHL">www.trybooking.com/MPHL</a></td>
</tr>
<tr>
<td>Contact:</td>
<td>Samantha Parker <a href="mailto:fdalbon@bigpond.net">fdalbon@bigpond.net</a></td>
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2 X NRL GRAND FINAL GOLD MEMBERS TICKETS

To assist the amazing work at The School of St Jude in Tanzania, I am offering 2 ANZ Stadium Gold Member seats to the 2016 NRL Grand Final on Sunday, 2 October 2016. These tickets are valued at more than $500 but can be yours for the price of one raffle ticket - just $10! For an even better chance perhaps you’d like to purchase 3 tickets for just $20. For a greater chance again purchase as many tickets as you’d like. You’ve got to be in it to win it as they say so go on - be in it - just do it!

The raffle will close at 9pm on Friday 11 September giving the lucky winner 3 weeks notice of their win in advance of the Grand Final.

Please purchase generously as every cent will make a significant difference to the children of The School of St Jude. www.schoolofstjude.org

Thank you so much,
Georgia Cooper
10 Aquinas B
Monte Sant’Angelo Mercy College

To purchase tickets - www.trybooking.com/MHDN

Monte Study Centre: Term 3, 2016

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In the Monte Library
Make an appointment, or just turn up!
Free study help for students after school in the library
The many faces of independence

Here are 5 ways for parents to give their children skills, encouragement and support in their quest for independence.

It’s been well documented in recent years that children/young people are dependent on adults for longer. In Australia one in four 18-30 year olds still lives at home and those numbers are on the increase. There are many reasons for this including lack of housing, affordability, working and partnering later, and simple convenience.

The propensity for many parents to do too much for children is a massive contributor to this increased dependency. Oddly, this is the exact opposite of what parents have always done, which is to develop their children’s independence, and in doing so effectively become redundant from their children.

There are a number of reasons for the current high level of dependency parenting including family shrinkage (parents are able to do a great deal for kids in small families), older parents (often over-concerned), busyness of life (it’s easier to do than delegate) and a heightened fear that the world is a dangerous place for children and young people.

Independence is the point

When independence becomes your priority then suddenly you’ve found a pathway to the development of other positive qualities and traits in your children including the key four – confidence that comes from facing fears; competence that’s built through mastery; creativity that’s encouraged when kids must resolve their own problems; and character that is forged under the duress of challenge and hardship.

Adults are the gatekeepers for children’s independence. And of course, independence takes many guises including:

1. Self-help skills
The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary-aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2. Autonomy to make choices and mistakes
Without realising it, as parents we frequently make choices on our children’s behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
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