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Dear Parents and Friends of Monte,

This week our community has been saddened by the passing of one of our valued members of staff, Shane Madigan who passed away after a very brave two-year battle with cancer.

Shane has been Registrar at the College and Assistant Registrar since 2010, and has been a valued member of our Monte College and Community. For the last six years she undertook her role in the most professional and compassionate manner.

Our prayers and thoughts are with her devoted and loving husband Andy, children Gus and Pru as well as Shane’s extended family and friends at this time of great loss.

May we so we pray this prayer for Shane and all of the loved ones we have lost:

**Love Lives On**

*Those we love remain with us*

*For love itself lives on,*

*And cherished memories never fade*

*Because a loved one’s gone.*

*Those we love can never be*

*More than a thought apart,*

*For as long as there is memory,*

*They’ll live on in the heart.*

On Wednesday, over 550 parents, students, coaches and staff celebrated our students sporting achievements at the College’s Annual Sports Awards Dinner. It was an inspiring evening as our Sport Captains paid moving tributes to their sporting heroes, coaches and parents.

Our core Mercy value of ‘respect for the dignity of every human being’ underpins Monte’s inclusive ‘Sport for All’ philosophy.

Whilst sport is voluntary at Monte, an impressive 850 girls actively participate for both competition and enjoyment in some form of sports and physical activity each week.

Monte’s sporting options include, but are not limited to; aerobics, athletics, basketball, cross country, dance, hockey, softball, snow sports, soccer, taekwondo, tennis, touch football, volleyball, water polo and yoga.

This year Monte supported 53 netball teams, 27 touch football teams and 13 water polo teams.

As many of our parents know first-hand, the benefits of playing a sport extends far beyond the physical benefits of training. Having a Sport for All philosophy unlocks the limitless potential and opportunities for our young women. Physical activity helps our girls focus and stay on task as well as fostering a strong sense of belonging.

Sport for All helps Monte build a stronger community and is a catalyst for connecting parents, grandparents, friends and family in support of our young sportswomen.

Many of you may not know that each year Monte employs over 50 young Alumni as coaches for our girls. We are blessed to have so many Alumni return to the College as positive mentors passing on their vibrant Monte sporting Spirit.

Life-long friendships thrive long after our young sportswomen leave Year 12. This year, our Alumni registered a record 9 teams for netball and 2 touch football teams.

Thank you to all our parents, sporting coaches, community and the Sports Department and staff for your generous support of sport at Monte.

God Bless.

*Mrs Nicole Christensen*

*Principal*
“The beauty and joy found in sports, whether playing or watching, is something that benefits and unites everyone, regardless of religion, ethnic group, nationality, or disability.”

Pope Francis
Remembrance Day

Remembrance Day commemorates the end of hostilities in World War I, and those who died throughout those hostilities. The war touched the lives of men and women of all ages, races, and social classes. World War I has had a lasting impact on social memory, with unprecedented rates of casualties. At 11am on 11 November 1918, the guns on the Western Front fell silent after more than four years of continuous warfare. This moment of ceasing hostilities has become universally associated with the remembrance of those who had died in the war, a war that left over 19 million dead, and more than 38 million total casualties – both civilians and military personnel, making it among the deadliest conflicts in human history.

We recognize the service and sacrifice of soldiers, and recognize the freedom they fought to preserve. While we acknowledge and remember the end of hostilities, we also seek to maintain peace in the ever-growing global conflicts in the world today. Australians have been involved in numerous conflicts and war which have been significant influences on our society and national identity. From the Chinese Boxer Rebellion, South African Boer War, World War I and World War II, through to the Korean War, Malayan Emergency, Indonesian Confrontation, Vietnam, Iraq, and Afghanistan in the present; we remember. We pause to reflect on the loss endured from these conflicts. Additionally, we remember and recognise the Australian military involvement in peacekeeping operations that have been conducted after the Second World War, Cold War, post Cold War and are still occurring today. We acknowledge their observation of peace, demining, weapons destruction, and disaster relief all over the world.

For me, war is a constant phenomenon seen through television, books or newspapers - people fighting or having fought in distant corners of the world. For myself, and those of a similar age, people born during peace, all wars seem far removed from our daily lives. But, with the increasing interconnectedness of society, we only need to make a simple search to find thousands of records and sources regarding stories of sacrifice in the past and the present.

My own family history lies with the New Zealand Defence Force, where generations have served in the Gallipoli Campaign, the Pacific during World War II, and in the Vietnam War. While these relatives are people I have never had the opportunity to meet, the world of 2016 and the technology I have access to allow me to know about them and their service. The availability of personal records and oral records, and well as access to an abundance of primary sources allows me to stay connected with the past, and constantly aware of the sacrifices made for peacekeeping purposes.

Remembrance is no longer confined to an annual minute of silence, but can be conducted across a much wider platform. The media of today allows us to view the images of global conflicts on a daily basis. We are able to understand and be exposed to war and bloodshed, and remember when it did occur. We are able to access records at any time, research information anywhere, and thus commemorates the efforts of those who sacrificed their lives (men, women, and indigenous) in our own country, and across the globe, both in the past and present.

Remembrance Day is of utmost important in our lives. The sacrifices made in World War I and other conflicts were sacrifices for our nation and its future. We must remember. Men and women have sacrificed, and continue to sacrifice their lives, for us, for their homes, for their families, for their friends, and for a future they believe in. As we remember the end of hostilities in World War I in 1918 and other conflicts, we recognize the need for an end to the hostilities that still plague our world today.

We must remember the words of Abraham Lincoln,

“that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion – that we here highly resolve that these dead shall not have died in vain – that this nation, under God, shall have a new birth of freedom – and that government of the people, by the people, for the people, shall not perish from the earth.”

Let us remember and pray for peace.

Elyse Diamond
Remembrance Day Commemoration Service and Reflections

For Remembrance Day this Year, four students from Monte Sant’Angelo had the privilege to attend a Commemoration Service at North Sydney RSL Sub Branch. Catherine Petroni and Imogen Gonda represented the school as they sang the hymn and National Anthem; Elyse Diamond spoke about what Remembrance Day meant for her; and Lesley Spencer lay the wreath. These students represented the school with great dignity. I was very proud of each one of them as they fulfilled their duties with responsibility and maturity.

Caterina Maltese

This Remembrance Day I was lucky enough to attend and perform at a Commemorative Service at the North Sydney RSL Sub Branch. I felt very honoured not only to sing but also to pay my respects and thank veterans who fought bravely for the sake of peace in our country and the world. I thank the HSIE staff for allowing myself and other Monte students the opportunity to participate in the service held.

Imogen Gonda

Just as rosemary is a sign of fidelity and remembrance, the red poppy is recognised as the Allied nations’ flower of remembrance to be worn on Armistice Day. As the first flower to bloom after the fighting on the Western Front it is soldiers’ folklore that the vivid red of the poppy came from the blood of their comrades soaking the ground. Armistice or Remembrance Day is a day of commemoration. At 11am on the 11th of the 11th 1918 the fighting of WWI stopped on the Western Front. Every year on this anniversary our country stops to pay respects for all who fought for our freedom. Last Friday, I was honoured to wear a poppy and lay the wreath on behalf of our school community at our local ceremony with North Sydney RSL Sub Branch.

Lest we forget

Lesley Spencer

On the 11th November, Lesley, Imogen, Cat and I had the privilege of attending the North Sydney RSL Sub Branch Remembrance Day service. At this service, I was able to give a speech and explain what this day means to me. I was able to share the significance of Remembrance Day as symbolising the end of hostilities in World War 1 in 1918, and what this means in today’s world, which is still ravaged by conflict, although not to this same extent. Through this, I have been able to recognise the importance of Remembrance Day in the world today, and taking the time to remember those who sacrificed themselves for our nation and its future. Today’s world, with numerous online resources and records, allows remembrance to not be confined to a single minute silence at 11am on 11th November, but can allow us to be constantly aware of conflicts in the past and present. Numerous veterans present at the service spoke to me after my speech, and expressed their gratitude for giving my thoughts on how people today view the service of the Australian military, which highlighted the importance of remembering their actions.

We will remember them.

Elyse Diamond
Dear Readers,

“It’s Jacaranda Time!” This is what our Superior often said in November, referring to frayed nerves. Then I’d see the comforting carpet covering our grounds with beautiful bells of velvety violet, symbolizing what could be done!

Other bells are signaling the end of this Jubilee Year of Mercy, coinciding with the Feast of Christ the King, who died for us, is risen, and will come again. If we have achieved little so far, by way of Mercy, we can always start anew.

Here is a post World-War-I story, from the Chronicle of Lourdes’ Healings. A French lady visiting her imprisoned husband, always affirmed his innocence and encouraged him to trust in Jesus and Mary to see justice done. One day, enraged by his hopeless situation, he forbade her ever to mention God or Mary to him again.

Years later his wife died. He returned home to find a letter reminding him of her fidelity to the silence imposed on her. In return she asked him to visit Lourdes just once more and stand before the Grotto, as they used to do. And so he made the journey back to Lourdes.

As he trudged along the river, he met a young woman who offered him a welcome glass of water. At the new Basilica he met a Priest who noticed his sadness. He warned the Priest not to preach to him. Then, unintentionally, he poured out his life’s story. The Priest said: “Obviously your wife loved you dearly, and you deeply loved her. So, why not grant her dying request?” He did.

At the Grotto, he met the same woman and chided her for chatting up strange men by giving them water. She explained that when she first saw him by the river, he looked so burdened that she begged Our Lady to comfort him first. She herself was at the Grotto to pray for her father, dying in terrible despair, believing he could never be forgiven for betraying a boyhood friend, who was therefore sentenced unjustly to twenty years’ imprisonment.

The man looked intently at the young woman. “You must be Marguerite! I knew you when you were little... I am that man, sentenced for treachery to twenty years’ imprisonment, because of your father’s lies.”

In the ensuing silence, he felt like Bernadette. He scratched at the dirt of his encrusted soul, allowing a trickle of healing water to turn to mud, and the spring of living water to wash it away, leaving a softened heart. “Come, Marguerite!” he said, “Let us go together and see what we can do for your father!”

The two men, drenched in “Living Water”, felt the joyful peace of a reconciliation neither had believed possible. Such is God’s Mercy, mediated by the powerful intercession of Mary.

This week let us rejoice as loyal servants of Christ our Merciful King.

Every best wish from

Sr Lecia RSM
STUDENT SHOWCASE
Music Studio Concerts

Concerts are held each semester to showcase the work of all our Academy Music Students. This week we heard a number of the students perform a varied repertoire to an exceptionally high standard.

Congratulations to all the students and their instrumental teachers on these fine performances.
SPORTS REPORT
Sports Awards Dinner

Congratulations to all of the award winners who were acknowledged on Wednesday night at our annual Sports Awards Dinner. We presented around 200 coach’s awards – coaches in each sport and each club team nominate a player to receive this award. The reasoning behind the award is left to the discretion of each coach and includes traits such as commitment, punctuality, teamwork, attendance and improvement.

I would like to thank Rio Olympian Milly Clark for being our Guest Speaker this year. It has been fascinating following her journey through 2016 and a real ‘buzz’ to hear about her Olympic experience.

I would also like to congratulate the major award winners. Isabella Ward (Year 10) was presented with Senior Sportswoman of the Year after a stellar year that included selection in three NSW Combined Catholic Colleges teams (Cross Country, Netball and Swimming). Sara Dougan (Year 9) was awarded Junior Sportswoman of the Year after a phenomenal year in athletics that included a staggering 18 gold medals across 5 different carnivals.

Each year we recognise a couple of year 12 students for the sustained and committed contribution that they have made to the Monte sports program during their time at Monte. I am pleased to announce that Mia Duggan and Kate O’ Sullivan were presented with Contribution to Sport awards this year. Mia has been an outstanding Captain of Sport who has always led by example and who has represented the College with pride and responsibility at every opportunity. Kate had a phenomenal year that culminated in her being awarded a National ‘B’ Badge for umpiring in the sport of netball. Kate was an inspiring Netball Umpire’s Captain who was always willing to go the extra mile as well as mentor the junior umpires.

In 2016 we recognised both a Club Team of the Year and a Representative Team of the Year. The Club Team honours went to the 15A NSNA and Senior 2 IGSSA Netball Team. The Representative Team of the Year gong went to the CGSSSA Tennis Team who won the Inaugural Overall Champion school award at this year’s CGSSSA Championships. The girls won five of the six divisions on offer.

Each year our official photographer Anthony Khoury donates the Anthony Khoury Encouragement Award. He selects a student from the photos that he takes at various events and then asks the Monte Sports Department to identify the student. This year that student was Sophia Morahan of year 8. Sophia represented the College in athletics, cross country, netball and touch football.

This year we awarded two dedicated students the honour of Student Coach of the Year. Congratulations to Bridget Murray (Year 12) who coached water polo and aerobics and to Yasmin Bamford who coached touch football and basketball.

We also recognised two students who were selected in School Sport Australia teams in the past 12 months. Bree Delaney was selected in the School Sport Australia Basketball Merit Team after her all-star performance playing for NSW All Schools at the School Sport Australia Championships. Class of 2015 alumni Emma Tuite was also presented in recognition of her selection in the School Sport Australia Water Polo Team that played games in Sydney in December 2015 and toured South Africa.

I would finally like to thank the Sports Department staff especially Mrs Liz Morgan for their work in preparation for and hosting 560 guests for this wonderful event.
## Sports Awards

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<th>Award</th>
<th>Winner</th>
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<tr>
<td>Aerobics</td>
<td>Performer of the Year 2016</td>
<td>Julia Marks</td>
</tr>
<tr>
<td>Athletics</td>
<td>Senior Athlete of the Year 2016</td>
<td>Lesley Spencer</td>
</tr>
<tr>
<td>Athletics</td>
<td>Junior Athlete of the Year 2016</td>
<td>Sara Dougan</td>
</tr>
<tr>
<td>Basketball</td>
<td>Senior Player of the Year 2016</td>
<td>Bree Delaney</td>
</tr>
<tr>
<td>Basketball</td>
<td>Junior Player of the Year 2016</td>
<td>Gracie Lee</td>
</tr>
<tr>
<td>Cross Country - Junior</td>
<td>Runner of the Year 2016</td>
<td>Grace Kells</td>
</tr>
<tr>
<td>Cross Country - Senior</td>
<td>Runner of the Year 2016</td>
<td>Serena Dalton</td>
</tr>
<tr>
<td>Dance</td>
<td>Dancer of the Year 2016</td>
<td>Katherine Matheson</td>
</tr>
<tr>
<td>Hockey</td>
<td>Junior Player of the Year 2016</td>
<td>Penelope Knox</td>
</tr>
<tr>
<td>Hockey</td>
<td>Senior Player of the Year 2016</td>
<td>Georgia Carlaw</td>
</tr>
<tr>
<td>Football</td>
<td>Junior Player of the Year 2016</td>
<td>Lara Halmarick</td>
</tr>
<tr>
<td>Football</td>
<td>Senior Player of the Year 2016</td>
<td>Monique Millett</td>
</tr>
<tr>
<td>Netball - 12 Year Old</td>
<td>Player of the Year 2016</td>
<td>Kaitlin Williams</td>
</tr>
<tr>
<td>Netball - 13 Year Old</td>
<td>Player of the Year 2016</td>
<td>Sophia Morahan</td>
</tr>
<tr>
<td>Netball - 14 Year Old</td>
<td>Player of the Year 2016</td>
<td>Maddison Barraket</td>
</tr>
<tr>
<td>Netball - 15 Year Old</td>
<td>Player of the Year 2016</td>
<td>Madison Ward</td>
</tr>
<tr>
<td>Netball - Senior</td>
<td>Player of the Year 2016</td>
<td>Victoria Anderson</td>
</tr>
<tr>
<td>Most Improved Umpire</td>
<td>2016</td>
<td>Rhiannon Bennett</td>
</tr>
<tr>
<td>Junior Umpire of the Year</td>
<td>2016</td>
<td>Maddison Barraket</td>
</tr>
<tr>
<td>Senior Umpire of the Year</td>
<td>2016</td>
<td>Kate O'Sullivan</td>
</tr>
<tr>
<td>Snowsports</td>
<td>Competitor of the Year 2016</td>
<td>Georgia Face</td>
</tr>
<tr>
<td>Softball</td>
<td>Junior Player of the Year 2015/16</td>
<td>Ana Shatek</td>
</tr>
<tr>
<td>Softball</td>
<td>Senior Player of the Year 2015/16</td>
<td>Sarah Binney</td>
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<tr>
<td>Swimming</td>
<td>Swimmer of the Year 2016</td>
<td>Jami Prowse</td>
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<tr>
<td>Tae Kwon Do</td>
<td>Martial Artist of the Year 2016</td>
<td>Sarah Binney</td>
</tr>
<tr>
<td>Tennis</td>
<td>Junior Player of the Year 2015/16</td>
<td>Sophie Szabo</td>
</tr>
<tr>
<td>Tennis</td>
<td>Senior Player of the Year 2015/16</td>
<td>Christine Meagher</td>
</tr>
<tr>
<td>Tennis - Tildesley Shield</td>
<td>Player of the Year 2016</td>
<td>Sophie Hayes</td>
</tr>
<tr>
<td>Touch Football</td>
<td>Junior Player of the Year 2015/16</td>
<td>Kate Ryan</td>
</tr>
<tr>
<td>Touch Football</td>
<td>Senior Player of the Year 2015/16</td>
<td>Harriet Phelps</td>
</tr>
<tr>
<td>Volleyball - Junior</td>
<td>Player of the Year 2016</td>
<td>Holly Anderson</td>
</tr>
<tr>
<td>Volleyball - Senior</td>
<td>Player of the Year 2016</td>
<td>Charlotte Lloyd</td>
</tr>
<tr>
<td>Water Polo - Senior</td>
<td>Player of the Year 2016</td>
<td>Lexia Chilcott</td>
</tr>
<tr>
<td>Water Polo - Junior</td>
<td>Player of the Year 2016</td>
<td>Adriana Farac</td>
</tr>
<tr>
<td>Coach of the Year (Glass Trophy)</td>
<td>2016</td>
<td>Samantha Rodgers</td>
</tr>
<tr>
<td>Student Coach of the Year</td>
<td>2016</td>
<td>Yasmin Bamford</td>
</tr>
<tr>
<td>Student Coach of the Year</td>
<td>2016</td>
<td>Bridget Murray</td>
</tr>
<tr>
<td>Ex Student's Netball Club Award</td>
<td>Netball All Rounder</td>
<td>Elise Kulen</td>
</tr>
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**Note:** The awards listed are for the year 2016.
MONTE NOTICES
Mrs Nicole Christensen, Principal Monte Sant’ Angelo Mercy College, warmly invites Parents of Students in Years 10 & 11 to the Senior School End of Year Liturgy followed by Morning Tea, concluding with the Senior School Awards Ceremony.

**LITURGY**
9:30am
St Mary’s Church, 264 Miller Street, North Sydney

**MORNING TEA**
10:30am
Monte Sant’ Angelo Mercy College
McQuoin Centre, 128 Miller Street, North Sydney

**AWARDS CEREMONY**
11:00am
Monte Sant’ Angelo Mercy College
McQuoin Centre, 128 Miller Street, North Sydney

We regret there is no parking on College grounds.

Students will be dismissed for Summer holidays at the end of the Ceremony. Anticipated finish time is 12:45pm.
From the College Shop

We are looking for volunteers to assist us with the outfitting of our incoming yr7. We require helpers from 8am till noon on the following Monday's, Tuesday's and Thursday's in November 7th, 8th, 10th, 14th, 15th, 17th, 21st, 22nd and 24th. Lunch will be provided. If you can find the time to join us we would be most grateful for the helping hand. Please contact Fiona Ell on 9409 6256 or fell@monte.nsw.edu.au

During our incoming Year 7 outfitting the College shop will only during lunchtime to existing students, on Mondays, Tuesdays and Thursdays. Please refer to ACTA for dates and times.

Stationary packs for year 9 and 10, 2017, have arrived into the shop and available to purchase. Cost $30

Love your school library

HELP NEEDED

In the summer holidays the Monte Library will be undergoing a shelving refurbishment that will result in better access to our collections for our students, and will highlight our stunning heritage space. We need your help packing books into boxes and carrying them down the library mezzanine stairs for temporary storage. If you can help out on Monday December 5 or Tuesday December 6 for a couple of hours between 8am and 4pm, we would love to see you. Please email Deborah Brown, Head of Library, at dbrown@monte.nsw.edu.au
November 26 Reflection Day

Presented by Dominica Arcamone

“Spiritual journeys... which path do you walk?”

Exploring how joys and sorrows transform our life.

Venue - St Patrick’s Church Hill.
In the crypt.
Cost - By donation (Recommended $20)
Tea/Coffee provided. BYO Lunch.
Time - 10 am to 3 pm
Marist Laity Australia.
Mind their &*%@! language

Standards may change, but the job of parents hasn’t altered. Teach kids to use language that doesn’t offend others. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

What do you think when you hear kids swear in public?
If you’re like me, you feel decidedly uncomfortable when kids of any age turn the air blue with profanities. Swearing shows lack of respect for others and a lack of awareness for their surroundings.

Teaching kids to use appropriate language is trickier now than in the past. For a start, standards have changed where many words – such as the F word – that were deemed inappropriate in the past are often heard on radio and seen in mainstream newspapers. And words that everyone agrees are inappropriate are frequently used in public forums, to the point that the boundaries of appropriateness have become blurred.

Standards may change, but the job of parents hasn’t altered. Whether it’s teasing or swearing it’s all the same. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

Socially-smart kids alter their language
Socially-skilled kids of all ages will adjust their language to suit the situation they are in. They may speak one way with their friends, but use a completely different vocabulary with adults. They are aware that what works with their best friend just won’t cut it when in grandma’s company. This awareness shows social acuity and a flexibility to adjust to different environments. It needs to be extended to all sorts of situations, including where adults and younger children are present.

They didn’t hear that from me!
What do you do when you know your children swear despite your best intentions?

Don’t over react. Try to work out its purpose. Children swear for many reasons, including to experiment with language; to attract your attention; to make themselves appear bigger or older than they are; and even as a challenge or expression of personal power.

Inappropriate language can also simply be a reflection of your children’s peer groups. ‘Everyone else swears so there’s nothing wrong with it’ is a common attitude of many children and young people.

Teach them that language may be appropriate in one context or be accepted by one group but is not acceptable in every situation. While not condoning swearing, get across to children that they need to learn to control their use of language and adjust it to suit the situation they are in.

When swearing becomes a habit
If swearing has become a habit for kids, make up alternative words to replace the swear words. One family I know had replaced certain words with different fruits. They had a fruit for every situation!

more on page 2

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.
... Mind their â€œ%@! language ...

Alternatively, use a penalty or fine system to make kids aware of their poor language. When you hear a family member swear, fine them an agreed amount. At the end of the week or month give the money to a worthy cause. Of course, this strategy is easier to implement when parents join in as well.

**Take a long, hard look at ... or ... yourself!**
It’s also helpful to examine your own choice of language to judge if it is an acceptable model for your children. Yep, sometimes kids will pick up their parents’ language and repeat it at the worst possible time, such as when relatives are over.

The job of adults is to develop a sense of social awareness in the next generation so they can easily navigate a variety of different groups and social situations. Teaching appropriate language use is at the very heart of teaching kids to be socially-skilled. That’s something we all should swear by!

---

**WHEN KIDS SWEAR**

1. Avoid over-reacting when your kids swear. Look for the reason.
2. Discuss with older children the concept of matching their language with the audience.
4. Use a penalty or fine system when kids swear in front of you.
5. Model the language you want kids to use.

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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.