Holy Week 2016

MONTE MATTERS

25 MARCH 2016 / TERM 1, WEEK 9
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**MONTE VIDEO NEWS**

**MONTE OPEN DAY**

Produced by Monte’s Development & Community Relations Team

Feedback welcome - doshea@monte.nsw.edu.au
Dear Parents and Friends of Monte,

Where you stand determines what you hear.

Holy Week is the most important week and celebration in the Catholic year. It is also an opportunity to reflect and celebrate the renewal of our own spiritual life.

As we enter into the spirit of the Easter Triduum: (Triduum from the Latin meaning three days) beginning on the evening of Holy Thursday and ending on Easter Sunday, we commemorate the crucifixion, death, and resurrection of Jesus Christ.

It is said that Jesus was passionate about a world of justice, meaning economic fairness. He was an advocate of peace in a world that was filled with violence. Both of those commitments challenged the religious and political authorities of the day.

Last Sunday, Pope Francis, during his Palm Sunday service in St Peter’s square, told the congregation ‘so many’ were failing to take responsibility, blaming the reaction on ‘indifference’: ‘I am thinking of so many people, so many marginalised people, so many asylum seekers, so many refugees. There are so many who don’t want to take responsibility for their destiny.’

Catherine McAuley believed that Mercy spirituality was so often found in the lives and struggles of the suffering and the poor. It was her deep faith in God and her experience of the pain of poverty that shaped her ministry.

Together with the Sisters of Mercy North Sydney we continue to shape our Mercy Ministry. Last Friday we organized and hosted the inaugural coming together of Mercy Principals from around Australia. The focus was on Mercy formation and establishing a stronger Australian Mercy network.

Thirteen Mercy Principals joined our round table conversation over a “comfortable cup of tea”. We were very fortunate to be joined by Sr Mary Reynolds RSM Executive Director of Mercy International Association who was in Australia promoting global action for major social concerns.

Sr Mary Reynolds stressed we had a responsibility of keeping the vision of Catherine alive.

• Care of vulnerable women and children in Catherine’s time is equivalent to anti-trafficking of women and children today.

• Empowerment of oppressed people in Catherine’s time is equivalent to sustainable development of the environment today.

• Care of displaced, homeless at risk persons in Catherine’s time is equivalent to responding to the migrant crisis today.

• Response to crisis events (cholera) in Catherine’s time is equivalent to responding to crisis events today (natural disasters).

This week the Sisters of Mercy Worldwide are participating in discussions taking place at United Nations Headquarters in New York on the landmark agreement for gender equality and women’s rights. Their three areas of focus are:

1) Promoting a human rights life course approach to addressing human trafficking.

2) Promoting the pastoral care of women and girls working or living on the streets.
FROM THE PRINCIPAL

3) Promoting the human right to water and sanitation in the implementation of Sustainable Development Goal 6 on water and sanitation.

Easter reminds us to stand up, speak out and act on behalf of the poor and those who need our voice in this world.

Our College Motto is “Religio, Scientia, Cultus”. Our lives are shaped and directed by what we believe, by what we know and by what we value.

Where you stand determines what you see. Whom you stand with will determine what you hear. What you see and hear will determine what you say and how you act.

Our prayers and thoughts are with all those who have lost their lives in Brussels.

Easter blessings to you and your family.

Mrs Nicole Christensen
Principal

Lord of life
We pray for all who bring your word of life
As a light to those in darkness
For those who bring your word of peace
To those enslaved by fear
For those who bring your word of love
To those in need of comfort
Lord of love and Lord of peace
Lord of resurrection life
Be known
Through our lives
and through your power.

SR MARY REYNOLDS RSM, EXECUTIVE DIRECTOR MERCY INTERNATIONAL ASSOCIATION WITH AUSTRALIAN MERCY PRINCIPALS AT MONTE
FROM THE DEVELOPMENT & COMMUNITY RELATIONS TEAM

Deanne O’Shea - Director

This Week on Social Media

YouTube

Monter Sant’ Angelo Mercy College

Monte Sant’ Angelo Mercy College Open Day 2016

CGSSSA Softball 2016 Highlights

Monte Sant’ Angelo Mercy College & St. Agnes Catholic School - Hymn To The Pacific
FROM THE DEVELOPMENT & COMMUNITY RELATIONS TEAM
Deanne O’Shea - Director

This Week on Social Media
@montecollege

MonteSantAngeloMercy
@montecollege

Touch Football Grand Final Winners! Congratulations Monte Teams 15 & 16 #TSOK2PLAY

MonteSantAngeloMercy
@montecollege

Happy Easter from our Year 8 Parents

MonteSantAngeloMercy
@montecollege

Our prays & love are with all who have lost family & friends. #Brussels twitter.com/pontifex/status…

MonteSantAngeloMercy
@montecollege

Mary Mackillop performance inspires Monte Yr 7 & 9 students to "never see a need without doing something about it"

MonteSantAngeloMercy
@montecollege

Monte Supports #HarmonyDay, inclusiveness, respect & belonging - diversity in our community is our strength.

Happy Harmony Day 2016

MonteSantAngeloMercy
@montecollege

Well done to members of the Monte Staff Team for competing at the Corporate Triathlon on Sunday.

MonteSantAngeloMercy
@montecollege

#mercyfriday "Great tenderness of all things" - Catherine McAuley

MonteSantAngeloMercy Retweeted

Sisters of Mercy @mercyworldwide

Tomorrow is World Water Day. Mercy supports this day and the human right to water. Read more ow.ly/ZJnlp

MonteSantAngeloMercy
@montecollege

Congratulations Monte - School Champions at Easts Touch Football Term 1 #TSOK2PLAY
“I didn’t always know what I wanted to do, but I knew the kind of woman I wanted to be”
Diane Von Furstenberg, Designer and Company Director

As the year begins to pick up its pace, many Year 12 students are meeting with me to explore their ideas and plans for life after graduation from Monte. A frequent refrain I hear is, “I don’t know what to do with my life”, and (as an adult with more than 25 years in the workforce) I find myself regularly saying, “At 18, I didn’t know either!”.

In our sessions together, I advise the girls to simply focus on their first steps into the world of work rather than becoming fixated on a particular occupational outcome. We discuss a range of post-school learning options and I ask the girls to consider those qualities observable in each one of them and how they would one day like to contribute them to others (their clients, patients, customers, colleagues, students etc.). We explore their aptitudes and their interests, but mostly we talk about how to make decisions that are right for each of them at all stages of their lives.

At the College, we actively encourage the students to work with an open mind and to be courageous, creative, balanced, knowledgeable and principled. Monte girls are good communicators and they are inquisitive and reflective, frequently seeking to help others and to improve the life experience of those around them. Applying these qualities to their career decision-making means they stay open to the ideas and opportunities that emerge because of an individual’s personal experience at a particular time.

Nurturing a life-long joy in one’s work requires dreams and inspiration but also pragmatism, persistence and a keen understanding of the self and of markets and what they want.

I am warier when a student tells me she knows exactly what she wants her job title to be on her business card and I always express the hope that she will be flexible throughout her journey to that job title! Every student at the College has something unique and important to offer the world and developing fortitude, confidence, resilience and independence are vital to her ongoing success. Staying open to the great ideas that can come at any time in life means the contribution the young women graduating from our College will be authentic, responsive and proactive.

During Term 1, Year 11 have heard from seven graduates from the College discuss their experiences preparing for and undertaking careers in Education, Business, Health, Communications, Finance and Design. Preparations are underway for the third annual Alumni Careers Insights Evening on Wednesday 18 May and this event will cover a diverse range of Australian industry areas. Finally, Year 10 undertake their Careers Testing on Friday 1 April and will hear from guest speakers working in leadership in Information Technology and international business and from the Australian Catholic University

Sally O’Keeffe
Higher Education and Careers Advisor

FROM THE HIGHER EDUCATION & CAREERS ADVISOR
Year 12 Results 2015

Monte’s reputation for excellence in Design and Hospitality education was affirmed with the achievements of the Year 12 HSC and IB DP 2015 cohort. As a staff we are immensely proud of their well-deserved results in both HSC Design & Technology, IB Design Technology and the HSC Hospitality Exam. Olivia Santopaolo from HSC Design and Technology had her Major Design Project nominated for the SHAPE Exhibition at the Powerhouse Museum, this exhibition was previously known as DesignTech. SHAPE continues as an annual recognition and display of exemplar works from around the State. These results reflect the level of professional dedication by all TAS Staff working as one in the education of Monte girls in the fields of Design and Hospitality. Congratulations to both the staff and students on these outstanding results.

The TAS Faculty welcomes new staff

The department welcomes two new members of staff, Ms Ellouise Carr and Mrs Tracey Walters. Both teachers are passionate about girls’ design education and innovative teaching methodologies.

Year 8 Powerhouse Excursion

The first of two Year 8 Excursions to the Powerhouse Museum for the year took place this week. Students were encouraged to look, see, think and wonder as they were guided through the SHAPE (HSC Student major projects), Australian 2015 Design Awards, Jewellery, Interface and DC Comics Lego exhibitions and an architectural experience walking along the recently completed Goods Line to the Frank Gehry designed Dr Chau Chak Wing building at the University of Technology. They were challenged to consider how and why design has changed over time at the Interface Exhibition and contemplate how our attitudes towards design and ‘function’ have changed or perhaps remained entirely the same whilst viewing the Australian 2015 Design Awards. The DC Comics Lego was where fun was to be had whilst learning about the power of marketing and global significance of Lego.

Showcase 2016

Finally, the design extravaganza like no other, the Design Showcase will be held this year on Wednesday 24th August at the McQuoin Centre. The evening will showcase student works in a spectacular display of innovation and colour. Please pen this date into your diary.

Adrian Johnston

Head of Technology and Applied Studies
February 2016 - Risk-Taker

Year 7 students have been introduced to the Learner Profile through a series of ‘Learner Profile Awards’, that are awarded monthly through the pastoral program. Tutor teachers and team teachers are involved in selecting students from each homeroom group who have best demonstrated that particular attribute in that month. The month of March was focused on the attribute ‘risk-taker’.

The attribute of being a risk-taker is seen in students who approach unfamiliar situations and uncertainty with courage and forethought. They have the independence of spirit to explore new roles, ideas and strategies. They are brave and articulate in defending their beliefs.

Stepping into an unfamiliar arena is often one of the hardest steps we all take. The adage, ‘Have a go’, is not so easy for some, especially self-conscious adolescents, but the gains to be made by that one step forward or a hand up to participate can be the first step towards understanding something new and wonderful about oneself. Those students who are risk-takers, making the decision to be involved despite uncertainty, are truly courageous and should be commended on stepping outside their self-created or socially imposed boundaries.

Year 7 students at Monte have had several opportunities through the last few weeks to demonstrate this attribute:

They bravely explored many unfamiliar activities on Year 7 camp.

Back at school, students were involved in Monte Minds, a series of challenging activities that utilised a variety of skills in art, poetry, engineering and problem solving.

Year 7 students from each homeroom also nominated themselves to be a part of the Student Representative Council, and courageously gave candidature speeches to their peers.

In Mathematics, the theme for this year is #haveago, where students are encouraged take risks and explore unfamiliar problems, to make mistakes, and to reflect and learn from them.

Finally, many students have elected to participate in a new sporting or co-curricular activity at the college, embracing the idea #ITSOK2PLAY!

Congratulations to the following students on this month’s awards:

Cooper: Paris Panetta, Eliza Casolin
Gilchrist: Emily Eide, Natalie Silberberg
Kirk: Claire Devine, Jemma Allen
Martin: Emily Webb, Maya Harvey
Price: Emily Smith, Lily Parker
Richardson: Eve Pool, Lara Harvey
Treanor: Sophie Johnston, Ashley Saric

Our focus for April will be Inquirer.

Catherine Mulvenna
IB MYP Project Leader
Dear Readers,

The image of the Palm Tree reminds us that Palm Sunday has begun Holy Week, when we follow Jesus as he accomplishes the Paschal Mystery of his Death and Resurrection for our salvation.

It is time for us now to join the crowd who sang “Hosanna” as Jesus rode through Jerusalem on a donkey. Remarkable, is it not, that this same crowd, praising Jesus one day, would in a few days time be calling out, “Crucify him!” All of us are capable of such fickleness. The main thing for us is not to despair, as poor Judas did, but like Peter, repent and trust in the merciful forgiveness of Our Saviour.

On Holy Thursday, only one Mass is con-celebrated in each Parish to remember the night of the Last Supper. After Mass there is Eucharistic Adoration at The Altar of Repose, where we can enter more fully and personally into the mystery of Jesus’ love for us.

It is sad that our dear Archbishop Anthony Fisher will not be the chief Celebrant at St Mary’s Cathedral this year. Guillain Barre Syndrome attacked him suddenly at Christmas, paralyzing him from the neck down. In this week’s Catholic Weekly, he has written to thank us all for our love, prayers, letters and cards, which have so buoyed him up, helping him respond to the excellent care he is receiving. His letter is a beautiful reflection on illness, linked with the Paschal Mystery. You can read it yourself just by clicking here!

On Good Friday, our chief privileges will be to walk the way of the Cross with Mary, and participate in the 3pm Service. And if you can, please try to attend the lovely Easter Vigil on Holy Saturday evening!

In conclusion, I wish each of you a very blest Easter!

Sr Lecia RSM

“Do not be afraid! See, your King comes seated on the colt of an ass! Hosanna in the highest!” (Luke 19)
Frohe Ostern! Happy Easter!

Year 7 German students had the opportunity to learn about the German tradition of making an “Ostereierstrauß“ which involves blowing out eggs, painting them and then hanging them off branches to decorate the house. This is to welcome spring which in Germany 21 March.

Inma Suarez
Head of Languages
STUDENT SHOWCASE
On 16-18 March, I had the privilege of attending the National Schools Constitutional Convention as a member of NSW Delegation representing both Monte and our State. Over 120 students from every state and territory were in attendance after becoming chosen representatives from state level events held in 2015.

The Conference was held in the nation’s capital, Canberra, where we had the opportunity to visit both Parliament Houses, Australian Museum of Democracy, National Archives, High Court of Australia and the Governor General’s House. We heard from world renowned speakers including The Honourable Tony Smith MP, Speaker of the House of Representatives; Leisle Loble, Deputy Secretary of NSW Department of Education; Dr Andrew Banfield, Head of School of Politics and International Relations at ANU; Alison Hall from British High Commission; Thomas Dougherty USA Embassy; Charles Reeves, Canadian High Commission, and Andrew Bishop from the New Zealand High Commission.

The focus of the Conference was ‘Education in a Federation’, examining whether it should be each individual state’s responsibility to control secondary education, or if we should establish a national curriculum under control of the Federal Government.

Being one of just two students who studies IB at the conference, I was in a very unique situation that allowed me an opportunity to offer a different perspective. Ultimately, the delegation voted in our referendum that the Federal Government should assume responsibility for all aspects of Secondary Education. When we weren’t discussing the complexities of our nation’s constitution, we had the opportunity to attend an exclusive formal dinner at the High Court, sit in on Question Time in the House of Representatives, see the room in Governor General’s House where Government was dismissed 41 years ago, and view the original copy of our signed Constitution.

It truly was a privilege to attend such a fantastic conference and I am very grateful to HSIE Department, notably Ms Kidd and Ms Jenkins for their ongoing support. Thank you also to the Department of Education who funded this trip. I sincerely encourage all Year 11 students to apply for State Level later this year. I would be delighted to assist with any applications and questions.

Sophia Wakeling
Year 12
Touch Football
In a remarkable effort on Saturday Monte won six grand finals at the Easts Term 1 Touch Football competition with another four teams finishing as runners up. This stellar performance saw Monte claim the trophy for overall school champions for the second year running and for the second time since joining the competition in 2008. The overall school award is determined by allocating points from each school’s top 14 teams. Congratulations to all 27 teams – this is a wonderful achievement you can all be proud of.

Congratulations also go to the following students who received ‘Best and Fairest’ honours for their respective division:

- Olivia Ingram (Senior E)
- Kate Ryan (Junior A)
- Casey Bartholomeusz (Junior G)

What is truly impressive is the school spirit that is displayed at this competition, especially on Grand Final day and especially by Monte teams, players, coaches and parents. Monte girls could be seen on the sidelines supporting their peers and even running across fields to cheer for teams who were participating in ‘drop off’ matches after their grand final finished in a draw.

In 2008 the College was looking for a more suitable and better-administered competition than the one we were entering and as such we entered Monte 1 into this Easts School Girl Competition. Since then we have grown in numbers and strength and in 2016 we fielded 27 Monte teams, which translates to around 350 students playing touch football. Thanks to Easts Touch Association for their wonderful support and generosity in accepting our school and its overwhelming growth.

Tennis - Tildesley Shield
After a wet start last Wednesday the Tildesley Shield kicked off at around lunchtime for our singles players with play extending right through until 6:30pm that day. I am proud to report that six Monte players progressed to the 3rd round and our top seed Jacinta Milenkoski (Year 11) made it to round 5 (the last 16) before the eventual runner-up from Meriden School eliminated her.

On the Thursday our doubles team fared well, lead by Year 11 students Sophie Hayes and Lauren Leamon. I want to thank all of the girls and coaches for their commitment to the program over the past 6 months and especially during the tournament. Tildesley is a unique and wonderful event that brings hundred of tennis players together in a school environment.

The Tildesley tournament has an intricate scoring system that endeavours to balance out the fact that each school provides a different number of entrants. Our final finishing position in 2016 was 15th out of 25 schools.

Softball
Last Saturday saw the softball season come to a close as Monte 1 bowed out of the finals with a loss. Congratulations to the girls in both Monte 1 & 2 who made it to the finals after a long season.

Netball
Last Friday evening we held our annual practice matches versus Wenona school at the Willoughby netball courts. Well done to all students who participated and thanks to NSNA and those who assisted with coaching, umpiring and the BBQ on the day.

Training for all teams will begin next week other than those who train on Monday (due to the public holiday) with matches starting on Friday 1 and Saturday 2 April.

Football - Soccer
Just over 100 Monte students completed Soccer trials last week as they prepare to participate in Monte’s ‘Pilot’ football program this winter. Monte will field seven teams in the Northern Suburbs Association competition in affiliation with our local club North Sydney United. All teams will train on Friday afternoons beginning Friday 1 April with matches to commence on Sunday 3 April.

#ITSOK2PLAY - even if you’re not competitive.

Stuart Hanrahan
Sport Program Manager
MONTE SWIM TEAM REPORT

It has been a busy two weeks for the Monte Swim Team, competing at both IGSSA and CGSSSA Swimming Carnivals on Friday 11 March and Tuesday 15 March respectively. Every Monte girl swam and cheered their heart out, showing their immense Montevation, determination and support for their teammates.

IGSSA swimming is all about making finals, and the team did just that, earning places in an impressive 24 out of 40. After a quick pep talk at lunch after the heats, our finalists swam even faster and harder in the afternoon session, which brought Monte to a respectable 12th place overall on the day.

At CGSSSA the following Tuesday, which was held at Ryde Aquatic Centre, we backed up our performance from IGSSA to win both 1st Division and Overall School Awards. Despite the wet weather, everyone’s spirits were high and cheers were loud. Congratulations to the following girls for their impressive swims:

**Natasha Hill**
- 2nd 12yrs 50m freestyle
- 2nd 12yrs 50m butterfly
- 2nd 12yrs 100m freestyle
- 2nd 12yrs 50m backstroke

**Grace Kells:** 3rd 12yrs 100m freestyle

**Eve Shaw:** 3rd 12yrs 50m breaststroke

**Paris Wong:** 1st 13yrs 50m breaststroke

**Taylah Thompson**
- 2nd Junior 100m backstroke
- 3rd 14yrs 100m freestyle
- 2nd 14yrs 50m backstroke

**Lucy Egerton**
- 1st 15yrs 50m butterfly
- 2nd Intermediate 100m butterfly

**Angela Tremain**
- 2nd Intermediate 100m backstroke
- 1st 15yrs 50m backstroke

**Madison Ward**
- 3rd 15yrs 50m breaststroke
- 3rd Intermediate 100m breaststroke

**Juliette Amate:** 2nd 16yrs 50m backstroke

**Jami Prowse**
- 1st 16yrs 50m freestyle
- 1st 16yrs 50m butterfly
- 1st Intermediate 200m freestyle
- 1st 16yrs 100m freestyle
- 2nd Intermediate 200m IM

**Claudia Stromnes:** 3rd 16yrs 50m backstroke

**Isabella Ward:** 2nd 16yrs 50m breaststroke

**Johanna Biddle:**
- 2nd 17yrs & Over 50m freestyle
- 2nd 17yrs & Over 50m butterfly
- 2nd Senior 100m backstroke
- 3rd 17yrs & Over 50m backstroke

**Alexia Johnson:** 2nd Senior 100m breaststroke

**Angelica Roth:** 1st 17yrs & Over 50m breaststroke

**Jemima Stratton:**
- 1st Senior 200m freestyle
- 1st 17yrs & Over 100m freestyle
- 1st Senior 200m IM

Our relays deserve a special mention as well, with every relay team medalling on the day. The junior relay teams, consisting of Taylah Thompson, Kate Miller, Holly Butler, Lauren Phillips and Marnie Aquilina, earned 2nd and 3rd in the 4x50m freestyle and medley relay respectively. The intermediate teams (Claudia Stromnes, Jami Prowse, Juliette Amate, Angela Remain and Isabella Ward) won both the medley and freestyle events, and the seniors, Johanna Biddle, Jemima Stratton, Angelique Roth and myself, backed up this success, also winning both relay events.

On top of all this success two Monte students, Joey Biddle and Jami Prowse, earned a place in the 50m freestyle invitational, which was a race for the fastest 8 girls in the 50m freestyle at the carnival. Jami took out the race in first, with Joey coming in with a close 3rd. A special shout out goes to Alexia Johnson in Year 12 for stepping up and showing her team spirit by racing in the 100m butterfly and 50m backstroke when another swimmer was injured on the day.

Congratulations to girls who came first or second and have been automatically selected to represent CGSSSA and compete at NSWCCC next term. On behalf of the team I’d like to thank Mrs Vandervelde in her role as team manager on the day. Her enthusiasm and support was much appreciated by every swimmer. Thanks also to our coaches, Jon Bell and Pete Reiter, and to Mr Hanrahan for coming out to support.

**Ainslie Scott**
Swim Captain
PARENTS & FRIENDS
The past week has again demonstrated the vibrancy and diversity of Monte’s community with dads and daughters enjoying the annual Father/Daughter Movie Night, and parents, girls and friends jiving at the Jazz Soiree.

Despite threatening skies, 270 people enjoyed good company, good food and a terrific movie at the McQuoin Centre on Friday. Thank you to Stephanie and Rosemarie for arranging the night and to the many helpers who made it possible, as well as to everyone who attended.

Also, a big thank you to the Friends of Performing Arts parents who arranged refreshments to accompany the talented musicians at the Jazz Soiree on Thursday evening. Music and munchies – a marriage made in heaven!

It is hard to believe that Easter is here already and only a week of Term 1 is left. On behalf of the P&F, thank you to everyone who has contributed to, and attended, the many events that have been held over this hectic beginning to the year.

Andrew Rutherford
P&F President

Dates for your Diary

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YEAR 8 PARENTS MORNING TEA

YEAR 8 PARENTS MORNING TEA

YEAR 8 PARENTS MORNING TEA

YEAR 8 PARENTS MORNING TEA
Winter Clothing Drive for Asylum Seekers and Refugees

The House of Welcome’s vision is for a society in which there is full recognition of the dignity, equality, human rights and humanity of all people living in the community not matter their age, gender, sexuality, nationality or religious affiliation, and now matter how they came to be in Australia.

The House of Welcome provides housing, emergency food, clothing and services to asylum seekers and refugees. The House of Welcome is independent of Government and relies entirely on the support of Churches in the community.

They are currently organising their 2016 Winter Clothing Drive to collect vital warm clothing and blankets. As you are no doubt aware the need is significant with people from many parts of the world currently seeking asylum in Australia.

The clothing will then be distributed to the asylum seeker and refugee community over two days, 20 and 21 April from a Church Hall in Carramar (near Villawood).

They are looking for good quality new and second hand winter items including: quality warm winter clothing for women, men and children including infants; quality doonas, blankets and hot water bottles in good condition are also welcome. Please do not include underwear and old or odd socks, thin or summer clothing (t-shirts shorts etc) stained or ripped items.

If you have warm clothing, surplus to your needs, please bag it up and bring to the Collection Box on the Masalou Balcony in the next two weeks. Thank you for your consideration of this urgent collection and the week after Easter.

Sr Carmel RSM
MONTE NOTICES

Calling Alumni Speakers for the Careers Insight Evening

Save the Date: Careers Insight Evening May 18

Hear inspiring stories from Monte Alumni in a wide range of industries.

Last year speakers included a senior sergeant in the NSW police force, a veterinarian, a federal court judge and everything in between. Details to follow.

Any Monte Alumni interested in speaking on the night contact sgraham@monte.nsw.edu.au

Enhanced Learning Educational Services

This week Dr Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills evening with Year 7 parents and students to reflect on student Approaches to Learning.

The evening helped families put systems in place to help students work towards achieving their personal best in an efficient and effective way. Students examined their home study environment, the way they organise and manage their resources, how to work effectively at home and deal with distractions, how to manage the workload in high school, and the steps to studying in high school: making study notes, learning the notes by testing yourself and doing as much practise as possible.

Parents are encouraged to review the handout from the session with students and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website: http://studyskillstoptipsparents.com/. All students at our school also have access to a great study skills website to help students develop their skills. Go to www.studyskillshandbook.com.au and enter the username: monte and the password: 49results and start improving your results today!

Performing Arts

You are invited to hear Concert Band perform 1.10 pm in the ACC Theatre, Thursday 7 April.

From the Health Centre

We have had a few confirmed cases of Glandular Fever. Please read the NSW Health Fact sheet on Glandular Fever (infectious Mononucleosis) by clicking here. Regular hand washing with soap and water should be practised, and no sharing of drink bottles. Glandular Fever is passed through saliva and can cause fever, sore throat and swollen lymph nodes. Any concerns please contact the health centre.

Lauren Jacobs
College Nurse
Free Homework Help at Monte

A roster of Monte teachers volunteer their time after school on Mondays, Wednesdays and Thursdays to help our students with any homework or study issues they may have. All students have access to this free service. No appointment is necessary: students can simply come to the Library and get the extra academic support they need regarding homework, assessment tasks or study skills.

For more information, contact Mrs Brown in the Library, library@monte.nsw.edu.au

| MONDAY | ENGLISH: Mr McHugh (Seniors)  
| HISTORY/LEGAL STUDIES - Note Taking, Revision, Essay Writing: Ms Jenkins (Day 6)  
| ITALIAN: Ms Skerl  
| MATHS: Ms Randazzo  
| GEOGRAPHY/JUNIOR HISTORY/ PDHPE: Ms Sefton  
| SCIENCE: Ms Shareef (RY201) |

| WEDNESDAY | MATHS: Ms Randazzo (Day 3)  
| ENGLISH: Ms Roberton  
| SCIENCE: Mr Hall |

| THURSDAY | HISTORY/LEGAL STUDIES - Note Taking, Revision, Essay Writing: Ms Jenkins (Day 4)  
| ESPANISH, FRENCH, General Study Skills, Revision: Prof Varela  
| ENGLISH, ESSAY WRITING: Ms Luiz  
| MATHS: Ms Patterson  
| SCIENCE: Mr Zitzelsperger (RY201) |

Monte Blue and Blue Scholarship Lunch

Save the Date

Friday 13 May

NSW Parliament House

Juniors: Do You Need Help?

A Study Buddy may be the answer!

Some of our senior girls in Years 11 and 12 have volunteered to assist juniors with their homework and assignment tasks.

- These girls are graduates of junior school and know about your courses and the MYP.
- The plan works flexibly: you meet your buddy in the Library at a time that suits you both.
- It may be at lunchtime, before or afterschool.
- You might meet each week or just occasionally.
- You communicate by your school email to set up meetings and send messages.

How do I apply for a Study Buddy?

Email: lohaiher@monte.nsw.edu.au

Ms O’Haiher will match you with a suitable senior and put you in touch.

From time to time, Ms O’Haiher will check the plan is working for you—for different subjects, you might need a different buddy and you can always send questions to Ms O’Haiher.

Starting? NOW!!!!
MONTE MATTERS  25 MARCH 2016  /  TERM 1, WEEK 9

MONTE MATTERS  25 MARCH 2016  /  TERM 1, WEEK 9

MONTE NOTICES

College Shop

Students will be returning to school at the beginning of Term 2 in full winter uniform.

Year 10 – It is compulsory for all Year 10 students to purchase the senior blouse for winter. Stocks of this and other winter items will be available from Wednesday 2 March. Please note that we will be outfitting new students on the dates listed below and will be busy on those days.

New students Years 8-12 – Stock of winter blouses and stockings will be available from Wednesday 2 March. The College Shop will be open for new student outfitting on the following dates: 29, 30 and 31 March.

Year 7 – Students will be outfitted on allocated House colour days for winter uniform. The allocated House days are as follows:
14 March – McAuley
15 March – McGuirk
17 March – McQuoin
21 March – Rankin
22 March - Xavier
24 March– Aquinas

House points will be awarded to the students who come for their winter uniform fitting on their correct House date.

Parents do not need to accompany their daughters for fitting unless they wish to do so. Cheque or cash may be sent with your daughter on her allocated House colour day, or if you have set up account we will charge the uniform cost to the held credit card. If you have not already done so and would like to set up an account please send your daughter into the College Shop to pick up a credit card slip before her allocated House colour day.

A reminder that the College Shop hours are Monday, Tuesday, Wednesday and Thursday 7.30am to 1.30pm (closed 12-12.30pm for lunch). The students are allowed to purchase at the shop before school, at recess and at lunchtime.

Lost Property – All unnamed lost property will be cleared from the lost property bins at the end of Week 7 and disposed of. If your daughter has lost any items of uniform please make sure she checks the lost property bins.

Nikki Horbach
College Shop
nhorbach@monte.nsw.edu.au

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CLRI NSW
Lenten Carbon Fast 2016

<table>
<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td>March 13</td>
<td>Trace the journey made by the food on your plates for one meal. Reflect on what and who has enabled this food to reach and nourish you.</td>
<td>March 14</td>
<td>Minimise disposables today. Bring your own mug or thermos to the coffee shop. Carry cutlery with you for when you purchase food.</td>
<td>March 15</td>
<td>Check your house for leaks and dripping taps and organise to get them fixed this week.</td>
<td>March 16</td>
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<td>March 17</td>
<td>PALM SUNDAY Switch your TV off and switch your voice on. Join in the Palm Sunday Rally for Refugees at Belmore Park, Sydney starting at 1 pm.</td>
<td>March 18</td>
<td>Go dairy free for the day. Dairy emissions contribute to 2% of total national emissions. Help reduce this by using alternatives such as soy products today.</td>
<td>March 19</td>
<td>Reduce your bookprint by not purchasing new books. Instead, find your literary treasures at a second hand store or borrow them from your local library.</td>
<td>March 20</td>
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<tr>
<td>March 21</td>
<td>PALM SUNDAY Switch your TV off and switch your voice on. Join in the Palm Sunday Rally for Refugees at Belmore Park, Sydney starting at 1 pm.</td>
<td>March 22</td>
<td>Reuse egg shells. Pop them in your compost bin, spread them on the garden or use them as tiny pots to grow seedlings in.</td>
<td>March 23</td>
<td>Reduce your bookprint by not purchasing new books. Instead, find your literary treasures at a second hand store or borrow them from your local library.</td>
<td>March 24</td>
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<td>March 25</td>
<td>TODAY ON ASH WEDNESDAY with an energy-saving CFL lightbulb. Let this light symbolise the light of the resurrected Christ in your life. May it also act as a reminder of your Lenten commitments and encourage you to live more environmentally friendly all year through</td>
<td>March 26</td>
<td>“It is no longer enough, then, simply to state that we should be concerned for future generations. We need to see that what is at stake is our own dignity, leaving an inhabitable planet to future generations is, first and foremost, up to us. The issue is one which dramatically affects us, for it has to do with the ultimate meaning of our earthly sojourn.” — Pope Francis, Laudato Si (Praise Be), On the Care of our Common Home</td>
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MONTE MATTERS  25 MARCH 2016  /  TERM 1, WEEK 9
MONTE MATTERS - YEAR 10 AND 11 SCIENCE TOUR

MONTE MATTERS
25 MARCH 2016 / TERM 1, WEEK 9

NOTICES - YEAR 10 AND 11 SCIENCE TOUR

Among other things, we will take in some famous sites of the capital such as the Lincoln and Jefferson Memorials, The Vietnam Vet Wall, Arlington Cemetery, Washington Monument and more.

We will then travel to New York City, home to a diverse collection of museums and attractions. Students will get to experience a live Broadway show and a Hudson River Cruise, a UN Tour as well as spending some time exploring sites such as Times Square and meet the Sisters of Mercy.

The students will visit the American Museum of Natural History including the Planetarium obtaining a deeper knowledge of the geomorphic and evolutionary past that shaped the current patterns and systems of the world around us.

Whilst this tour is highly educational with workshops and guided tours, there will be many opportunities along the way to sightsee, relax, and immerse students in the vibrant culture and scientific world of America.

Students will emerge from this experience with a greater understanding of the scientific foundations which established a precedent for modern scientific innovation.

Our tour around America will allow students to immerse themselves in new and extraordinary places where they interact with the biological and chemical processes shaping their lives.

Our journey begins in Orlando, one of the epicentres of scientific development, where students will visit the NASA – Kennedy Space Centre at Cape Canaveral and learn about the science of aerodynamics. They will get to relive the wonder of the Apollo era at NASA’s exhibit, which celebrates the unprecedented journey undertaken by mankind to land on the moon. They will also get a unique opportunity to meet a veteran NASA astronaut and a chance to explore the NASA base including its launch sites.

While in Orlando the students will also experience the thrills and excitement of rides and attractions at Universals Islands of Adventure Theme Park, which is home to the Wizarding World of Harry Potter.

Traveling on to Washington DC we explore the Smithsonian National Air and Space Museum and the Museum of Natural History.

Overview:

• Educational tour of the USA’s rich scientific community
• Tour structure includes links with the NSW Science curriculum • In-depth exploration of space discovery at NASA
• First hand learning experience of biology, physics and chemistry and their interactions in the real world
• The opportunity to build friendships, improve teamwork and responsibility

Price: $6686*

Included:
- Flights, accommodation, venues, taxes, guides, food (B&O)

Excluded*:
- Lunch, travel insurance, US Visa, fuel surcharges, taxes & currency

Deposit*:
- $1338 due no later than Friday 15 April 2016

Information Night:
- Wednesday 30 March 2016 @ 6.00pm

Venue:
- Room RY102

Contact:
- pwacher@monte.nsw.edu.au

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Monte Notices

Careers Notices

Lower North Shore Tertiary and Careers Expo
Shore School Gymnasium
Blue Street North Sydney
Tuesday 5 April 2016
4.00 pm – 6.30 pm

Over 60 higher education institutions and professional training providers will be onsite. Parents warmly invited. Students are to wear full school uniform. Refreshments available.

University of NSW
Year 10 Subject Selection and Information Evenings in Term 2
6.15 pm – 7.30 pm
Thursday 5 May 2016
Tuesday 10 May 2016
Wednesday 18 May 2016

To register to attend, go to: www.futurestudents.unsw.edu.au/whats

University of Sydney
Year 10 Parent Information Evenings in Term 2
6.00 – 8.00 pm
Monday 16 May 2016
Wednesday 18 May 2016

More information on how to register available soon: http://sydney.edu.au

Sally O’Keeffe
Higher Education and Careers Advisor

Saint Ignatius’ College, Riverview
Careers Expo & Presentations

Monday 9th May, 2016 5 - 8PM

Saint Ignatius’ College, Riverview Careers Expo brings together exhibitors including tertiary institutions, training organisations, employers, providers of HSC, career and gap year resources and information.

WHERE

EXPO: 5-7PM
Gartlan, Saint Ignatius’ College, Riverview

PRESENTATIONS: 7-8PM
STEM (Science, Technology, English, Maths) - Therry Hall
Business (Finance, Law, Sales & Marketing, Communication) - Theatrette

NO COST
Parents and students from all schools welcome. Light refreshments available.

EXHIBITORS INCLUDE
UTS, ACU, Sydney University, UWS, UNE, Macquarie University, UNSW, Notre Dame, Bond, Wollongong University, Charles Sturt University, UAC, plus many more.
art for molo

Saturday 9th April 2016
Spot 81 Abercrombie street
Chippendale, Sydney

4pm - 5.30pm

Refreshments will be served

Art works created by students in Sydney and Cape Town will be sold to raise funds for Molo Songololo - a Child Advocacy Organisation in South Africa.

www.molosongololo.com

A raffle prize of two return tickets to South Africa, courtesy of South African Airways, will also be on sale.

Supporting **Memories of the Struggle - Australians Against Apartheid - MOAD - Canberra**

**“Home”**

presents works by students from
Monte Sant’ Angelo Mercy College, North Sydney
&
The Children’s Art Centre, Cape Town
Words Michael Grose

10 confidence-building strategies every parent and teacher should know

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

1 Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.”

2 Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3 Praise strategy

While effort is key for achievement, it’s not the only thing. Kids need to try new strategies and seek input from others when they’re stuck. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!”(strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.

4 Develop self-help skills from an early age

A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5 Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6 Practise unconditional acceptance

Your ability to accept children and young people’s best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence.

**Parenting ideas InSights**

Building parent-school partnerships

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.

parentingideas.com.au

© 2016 Michael Grose
... 10 confidence-building strategies every parent and teacher should know ...

If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

Expand their horizons
Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

Recognise improvement
Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that school may require.

Put the training wheels on to support learning
Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

Build teaching and training into your day
Teaching and training needs to be part of the every day repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoe laces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

Ask children for help
Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you a hand with something. Better still get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.

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.
Dear Parents,

Over the next few months, more than 100 Syrian and Iraqi refugees will be placed in the Northern Beaches area and need a place to live. With limited finances and knowledge of the area, finding a home while they are finding their feet will be challenging. With this in mind, the Christian churches on the Northern Beaches have set up an initiative to help refugee families.

Together with Settlement Services International, the Northern Beaches community have offered self-contained properties at a reduced rent for refugee families to live in for 6 months. Others are donating money to cover the cost of rent. So far, with the incredible support of the community, we now have enough accommodation and financial pledges offered to house approximately 10 families.

As a Monte community, with a heart for the vulnerable, we want to join forces with this initiative to welcome and offer our support in any way we can to help those who have suffered. Although pledges and accommodation are still vitally needed, we are now keen to find committed mentors for these families when they arrive.

A mentor is someone who:
- Helps new arrivals improve their English
- Helps them understand Australian ways and culture
- Helps them understand the public transport system, where to shop, how to complete applications and forms
- Helps them to find education and employment opportunities; and most importantly,
- Is a friend to a new arrival, and helps them to build confidence

We are therefore looking for people who will be committed to a family/refugee for a minimum 6 month period, and who will commit to the following mandatory criteria:

- 4 consecutive training workshops
- 3 monthly debriefs after mentoring relationship has commenced
- Criminal record check
- Working with children check
- Interview with course trainer
- Meet with mentees for 1hr per week for 6mths

At this stage we do not know the timeframe of arrivals, but we certainly want to be ready and prepared for when they do arrive.

If you would like to become a mentor or to help in whichever way you can, please contact Michael Aitken, Senior Minister at St Stephan’s Anglican Church, Belrose (details below).

Contact:
- Call: Michael Aitken 0411443752, or
- Email: rinbc@ststephans.net.au

We also invite you to link in to our Facebook page to stay abreast of any updates. https://www.facebook.com/refugee.initiative.northern.beaches.churches/

Many thanks for your anticipated support.