House Plays 2016

Year Of Mercy 2016 MONTE MATTERS

27 MAY 2016 / TERM 2, WEEK 5
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## MONTE VIDEO OF THE WEEK

Front Cover Photo: House Plays Champions McQuoin.

Produced by Monte’s Development & Community Relations Team
Feedback welcome - doshea@monte.nsw.edu.au
Dear Parents and Friends of Monte,

This week I’d like to share with you some of the ways we develop and foster personal leadership for young women at Monte. At Monte, students are offered many opportunities to develop their leadership capacity and capability. We foster the uniqueness and leadership potential of each student so that they may grow into young adults, confident in themselves and capable of acting towards others with honesty and integrity to take their place in the world.

The Monte House Plays are a powerful example of leadership building in action. Last weekend more than 800 students and 3000 parents and community were entertained with spectacular House Plays performances.

Productions such as these take hours of work to prepare and I thank all the students and staff involved to make the event such a success. I’d especially like to acknowledge the leadership efforts of the Year 11 students and the direction and tireless dedication of our Deputy Principal Pastoral Care, Ms Jacqueline Magurren.

The House Plays are a month long program where Year 11 students are given the task to produce and direct a performance involving students from Years 7 to 11 from their House. Year 11 students nominate to become leaders and take the leadership roles of their House teams. This becomes an important stepping-stone for students aspiring to senior College leadership roles.

As one student commented, “House Plays are the highlight of the year because they are a fun, unifying event for all students and Houses and being a whole College event we get to share the experience together!”

Like Catherine McAuley, we encourage our young women to take leadership roles, have a voice, take initiatives and make a positive contribution to their world.

The student leadership program at Monte embraces many leadership positions and activities within the College across all year groups. Students are encouraged to be active in the whole school community and to make their own positive contributions to the mutual support of their fellow students within and beyond the classroom. Exposure to local and global issues allows our young women to practice leadership skills, learn, challenge and speak out.

Student Representative Council

A representative from each Tutor Group from Years 7 to 12 is elected to the Student Representative Council (SRC), which meets regularly to discuss topics of interest and opportunity for the whole student body. The SRC is responsible for many initiatives aimed at raising the level of social awareness among students and for planning fundraising activities in support of disadvantaged groups in the wider community.
Leadership opportunities include:

- Student Representative Council
- Middle and Senior School Leadership
- Mercy Action Group
- Duke of Edinburgh Award Scheme
- Public Speaking
- Drama (House Plays)
- Debating
- Mock Trial
- Model United Nations Assembly
- Co-curricular activities
- Global Leaders Youth Conference

One of my favourite quotes from Arianna Huffington, President and Editor-in-Chief of Huffington Post Media Group offers this advice for young women leaders: “Don’t just climb the ladder of success – a ladder that leads, after all, to higher and higher levels of stress and burnout – but chart a new path to success, remaking it in a way that includes not just the conventional metrics of money and power, but a third metric that includes well-being, wisdom, wonder, and giving, so that the goal is not just to succeed but to thrive.”

We held the third Monte Career Insights Evening last week. I’d like to thank the participants and our extraordinary Monte Alumni for the contribution to the next generation of Monte women leading our future, and thriving as a result of a values based leadership.

God Bless.

Mrs Nicole Christensen
Principal

Photo highlights from the 2016 Monte House Plays
FROM THE DEVELOPMENT & COMMUNITY RELATIONS TEAM
Deanne O’Shea - Director

This Week on Social Media

YouTube Monte Sant’ Angelo Mercy College

@montecollege

MONTE HOUSE PLAYS 2016 HIGHLIGHTS

Monte Sant’ Angelo Mercy College
“We do not learn from experience … we learn from reflecting on experience.” - John Dewey

Reflection is an integral part of the PDHPE curriculum. Criterion D of our assessment strands is titled “Reflecting and Improving Performance”, and focuses on students reflecting on their learning experiences, considering their own performance and the performance of others, gaining greater understanding of their individual strengths and areas for improvement. This idea transcends the practical domain and can be utilised within the classroom spectrum just as effectively. Students are being challenged to be more self and peer analytical through setting goals, take responsible action during the course of a unit of work and develop skills in reasoning. Having to provide reasons and causes gives richer meaning to conceptual learning and encourages the development of greater problem-solving capacities, describing not just the ‘what’ but the ‘why’.

Students can often be inexperienced in their reflection and offer only simple responses. PDHPE staff play an important role in this developing these reflection skills. By styling guided reflection activities and developing further visible thinking strategies, the teacher can become the ‘Facilitators of Meaning Making’, the guide on the side rather than the direct influence on the outcome. We ensure that these opportunities for reflection come in many shapes and forms to cater for differing learning styles. This term, across all years, students have been a part of discussions, interviews, questioning and journaling in order to reflect on action, reflect in action and reflect for action when the experience arises again.

A specific example of this reflection in action has been in the Year 7 Basic Skills unit with students using a video delay iPad app called BaM, which allows them to see themselves perform a specific skill. Using this intrinsic critique as well as verbal feedback from their peers, they were able to alter their technique of fundamental movement skills for better performance and accuracy in modified games. Year 8 have also been given opportunities for reflection during a Cultural Dance unit. Students were led through initial Wagaji sessions with Aunties Rayma and Kerry, progressing towards creating their own dance related to rituals, spiritual events, celebrations and commiserations from various cultures around the world. They videoed their practices and created shared Google forms in order to discuss feedback points at the half way point of the unit.

The Year 12 Community and Family Studies (CAFS) students are currently studying an HSC Core unit on Parenting and Caring. To immerse themselves in the parenting experience, the girls have been taking home virtual babies to care for overnight. This practical hands-on opportunity allows students to experience the realities of parenthood, and reflect more authentically on the impact of caring for a dependent on their lifestyle and relationships.
Presently, 61 Year 11 PDHPE and IB Sports, Exercise and Sport Science students are travelling to Canberra and Jindabyne to engage in a practical experience of course content. They have spent a day at the Australian Institute of Sport, listening to Nutrition and Biomechanics lectures, as well as exploring the performance, recovery and living experiences of an elite athlete. They will hike in Kosciusko National Park on Day 2 gaining greater understanding of the physiological body changes experienced in the cold and at altitude. The girls have bonded well and are developing a great level of comradeship as a cohort, adding valuable practical experiences to their knowledge bank for both HSC and IB topics.

The gym has undergone a massive transformation over the holidays! This term the girls have been enjoying new spin bikes, treadmills and a fabulous wall rack system with suspension trainers and rings attached. Girls are encouraged to use the Gym when it is open to students. It is available every morning for student use from 7 – 8am and on Monday, Wednesday and Thursday afternoons from 3.30 – 4.30pm. It is always supervised by a PDHPE teacher and girls can discuss setting up a program with them that is specific to their needs.

MonteActive is on Monday afternoons from 3.30 – 4.30 and is now also offered on Tuesday and Thursday mornings from 7 with trainer, Katie Barton. Involvement in this program would enhance not only personal fitness goals but also any co-curricular sports training students are participating in as it includes regular strength and core exercises focusing on increasing stamina and flexibility. Please see the PDHPE Department for further details or to join in this program.

Kim Vandevelde
Head of PDHPE
God’s Tender Mercy

Dear Readers,

As I lay last night in sleepless solitude, my thoughts turned to the mystery of life, and I felt inspired to create a poem for The Year of Mercy. It is not just about me, but about every person on “Planet Earth, Our Common Home”.

Human life is complex, yet humanity is what binds us together. It was even chosen by Jesus to make Himself like us. In Jesus, the Divine and Human meet. In each of us there is also a spark of divinity, waiting to be fanned into flame. Has God made us dangerously like Himself?

We live, we breathe, we grow; it can be painful, and it can be glorious. Whatever befalls us is permitted by God for our greater good, unlikely though that may seem. God knows our needs and meets them, sometimes in most unexpected ways. In the end we may see the benefits of trials that strengthen us, sorrows that soften us, fears that blind us, and then want to entrust our whole life to God’s tender care.

We can become lovers of life, searchers of beauty, conservers of nature, creators of song - or anything God equips us for. We need to get in on the act and prepare ourselves for life, not only on Earth, but also in Heaven. While there is time, we can cultivate friendship with Jesus through Scripture and Prayer. He clearly directs us: “Love one another as I have loved you.” It sounds simple. It is simple. But is it easy? Not at all, unless we get plenty of practice. However, if we achieve it, we can be sure that, when we reach those “Pearly Gates”, Jesus will welcome us as His own.

I pray you will have your own experience of God’s Tender Mercy this week, as you contemplate anew the unfathomable mystery of The Holy Trinity.

Till next time, every good wish from

Sr Lecia RSM

God’s Tender Mercy

by Sr Lecia S Coombe

I was given this thing called Life,
A strange mix of delight and strife.
Despite tumbles and growing pains,
I forged on, lured by thrills and gains.

There were people who cared for me,
Warding off ills they could foresee.
Kind-hearted siblings paved my way,
Helping me cope with each new day.

Later came those I called my foes.
Just to harm me, they spared no blows.
But while they plotted destruction,
God was planning intervention.

Just in time, I found a soul mate,
Whose joy freed me from fear and hate!
When children came, our mingled mirth
Kept us all close to Heav’n and Earth.

But today I must say goodbye
To my cherished mate – and I cry!
Friends are here to comfort my grief
And provide much needed relief.
We stand now, shoulder to shoulder
Mourning dreams just left to smoulder,
Yet knowing we always will be
Kept safe by God’s Tender Mercy!
Music

Congratulations to the following girls on outstanding results in the recent Eisteddfod and AMEB Exams

Tessa McDonald of Year 8 achieved first place in the Under 15 Sydney Metropolitan Brass Solos.

Aoife Rigby of Year 12 received Honours in her 4th Grade musicianship exam.

Anna-Maria Barlin achieved a High Distinction in her 2nd Grade AMEB Oboe exam and Elsie Watson Clark received a credit in her Third Grade Oboe exam.

These are wonderful results girls. Well Done!

2016 Ensembles Concert

The Ensembles Concert is a wonderful opportunity to hear some of the many Musical Ensembles at the College. The concert will feature performances by our Wind Ensemble, Concert Band, Stage Band, Symphonic Orchestra, Junior and Senior Choirs, Monte Singers, Guitar Ensemble, Senior String Quartet and Flute Choir.

The concert will be held on Thursday 2 June in the ACC Theatre commencing at 6pm. Our pre concert performance will feature our Flute Choir in the foyer from 5.30. We hope you can join us for a night of wonderful Music.

Andrew Young
Head of Music Performance

The 2016 Theatresports Schools Challenge kicked off this month with schools from across the region battling it out for a place in the semi-finals. Our Intermediate and Senior Monte Theatresports teams played outstandingly well, with the Intermediate girls placing 4th and the Senior girls placing 3rd, and each securing a spot in the semi-finals. Please mark the following dates in the calendar as they would appreciate your support.

Intermediate Semi-Final date: Tuesday 7 June
Time: 5.30pm for a 6.00 briefing. Show – 7pm–8.30pm (approx)
Host school: St Andrew’s Cathedral School, Senior College Building (Bishop Barry Centre), 51 Druitt St, Sydney

Senior Semi-Final date: Friday 3 June
Time: 5.30pm for a 6.00 briefing. Show – 7pm–8.30pm (approx)
Host school: Stella Maris College, 52 Eurobin Avenue, Manly

Tickets are available at the door ($10 adults and 5$ for children) and we look forward to seeing you there.

Karen Partington
Drama Teacher and Theatresports Enthusiast
SYDNEY WRITERS FESTIVAL

Year 9 English students recently attended the Sydney Writers Festival Secondary Schools Day at the Concourse theatre in Chatswood. Four talented and inspiring young adult authors, John Boyne, Michael Grant, Vicki Wakefield and Claire Zorn gave the student audience insights into the many challenges and joys of being a writer.

Year 9 students found the presentations both informative and entertaining and took the opportunity to ask authors questions about their creative journeys. John Boyne talked about how his interest in history and the Holocaust led him to write The Boy in the Striped Pyjamas. Michael Grant, author of the popular Gone series, confessed to a troubled past and admitted that he never knew how his stories would end up when he began writing them. Vicki Wakefield explained that she completely failed the HSC and many other things before she realised that being ‘different’ enabled her to write the kinds of novels that she wanted to write. Claire Zorn revealed that she was actually quite severely dyslexic, but that her imagination and drive to tell stories meant that she knew she was destined to be a writer from a very young age.

Perhaps the big ideas that these fabulous authors conveyed were that you don’t necessarily have to ‘fit the mould’ and that even though you might enjoy working from home in your pyjamas, there is no substitute for persistence, practice and determination if you want to become a successful young adult author.

This enjoyable day only was special for not only for our Monte writers, but also for our Monte readers, who suddenly had a whole new list of ‘must reads’ to look forward to tackling in the next holidays.

Jenny Uther
Monte Library

ALUMNI NEWS

This week’s Higher Education and Careers Session for Year 11 was focused on Law. We had two wonderful Alumni as speakers, Jessica Elliott (2012) and Melissa Ashcroft (2000) as well as a very special guest, Melissa’s 9 week old daughter. Jessica is currently studying an Arts/Law degree at ANU. She discussed with the girls what is actually involved in a law degree, what subjects you study, what co-curriculars you can do and which universities emphasise which aspects of law. Jessica even threw a few legal dilemmas at the girls, and there were a number of budding young barristers who were quick to offer their analysis of the cases. Melissa explained to the girls how her law degree taught her valuable critical thinking and research skills which have then helped her throughout her career. Melissa is the General Manager of Leona Edmiston and demonstrated to the girls that a law degree can be a useful launchpad for a variety of careers. Melissa furthermore is a wonderful example of balancing motherhood with a professional career, and following your passions to find a job that you truly enjoy. Thank you to both of our inspiring speakers for their generous mentorship of the girls.

Stella Graham
Alumni Executive Officer
STUDENT SHOWCASE
On the weekend of 14 and 15 May, nine Year Ten students attended the Model United Nation Assembly at Baulkham Hills High School. This was a rewarding and educational experience, providing an excellent forum for students to develop and practice their public speaking skills whilst debating on topical world issues.

MUNA is run by Rotary International and Monte is sponsored by North Sydney Sunrise Club. Students from schools across Sydney come together to show off their debating skills and understanding of current world issues. Each team of three was presented with a country that they would represent. The Monte Girls were lucky enough to represent Mongolia, Mexico and Brazil.

Throughout this two-day experience, students debated for or against pressing resolutions on subjects such as Climate Change, Nuclear Disarmament, Refugees and Terrorism. Each team could propose an amendment to the resolutions in order to make it more relevant for their country’s purposes.

Practising negotiation in the spirit of cultural diversity opened our minds to the world and provided incentive to do more with our education and look beyond our own lives and become part of a global community.

The Monte students who attended were Caitlin Quinn, Georgia Cooper, Camilla McDonald (Brazil), Annie Wang, Imogen Bryant, Valentina Bosnjak (Mongolia) and Caitlin Tanzer, Anaïs Simo-Dzumgang and Isobel Cameron (Mexico).

Thank you Mrs Walker and Ms Murray for enabling this event.

Caitlin Quinn
Year 10
SPORTS REPORT
Silent on the Sidelines
This weekend the Northern Suburbs Football Association is running its ‘Silent on the Sidelines’ initiative in an effort to raise awareness of respect on the field for players and referees. The objective is to promote respect in sport and drive cultural change.

Tennis
Congratulations to Jacinta Milenkoski (Year 11) on her role as part of the NSW Schoolgirls Tennis team who won the Pizzey Cup (National Championships) earlier this month. Please see below for Jacinta’s report on the event.

Netball Umpires
Last weekend Liz Russell (Class of 2015), former Monte Netball Umpires Captain and current umpires mentor, was awarded her ‘National B’ umpires badge. This is a wonderful achievement and is a testament to the hard work Liz has put in to her umpiring over the past few years.

Representative Basketball
Last Wednesday Monte’s Intermediate and Junior Representative Basketball teams travelled to Bankstown to compete at the CGSSSA Championships. This event has become more important than in previous years as it now acts as the pathway through to the NSWCCC Championships. The winning school in each division earns the right to play off for the State Championship in October.

Monte has become a state powerhouse in Basketball over the past decade and this tradition looks set to continue after last week’s results. Both Monte teams easily progressed through to their respective grand finals finishing eventual winners by over 20 points. I look forward to reporting further about their efforts at the State Championships later in the year.

Congratulations
• Bree Delaney (Year 12 and Basketball Captain) on her selection in the NSWCCC representative basketball team. This is the 4th year Bree has been selected in this team.

Click here to read about the upcoming Mini-Mos Community Fun Run and Fair.

#ITSOK2PLAY - there are plenty of options at Monte and in your wider community.

Stuart Hanrahan
Sport Program Manager
SPORTS REPORT

Tennis Report – Pizzey Cup
From 30 April to 8 May, eight girls and eight boys from a range of NSW public, catholic and independent schools travelled to Albury to represent New South Wales in the annual Pizzey Cup National Tennis Championships. The Pizzey Cup tournament is a tennis competition with each state playing against each other in a round robin style tournament in singles, doubles and mixed doubles.

New South Wales have been the winners of the Pizzey Cup for the last five years and knowing this, we were all extremely eager to keep up this winning streak. Over the course of the week, New South Wales comfortably beat ACT, South Australia, Tasmania and Western Australia which brought New South Wales into the finals against Victoria for the 6th time in a row. After a long and competitive day, New South Wales came home with the Pizzey Cup winning 13-5 against Victoria, a record win for the New South Wales Team. Overall, the experience was highly enjoyable and a learning curve for all competitors.

Jacinta Milenkoski
Pizzey Cup Team Member

Monte 6 Soccer Photos - Taken by Monte Dad Rodney Campbell
PARENTS & FRIENDS
An important function of the Monte P&F is to bring parents together. Many of our gatherings are based on social functions. Last week the P&F held the first of two Parent Education Evenings on the 2016 P&F calendar. Over 130 parents gathered in the ACC to listen to Katie Kobler speaking on the topic:

Raising teens in a hyper-sexualised society.

Antony Sindone, Head of Religious Education worked with the P&F and organised Katie to present to the Year 10 students in the afternoon and the parents in the evening. Katie and her husband work in partnership with students, staff and parents across Australia and New Zealand. Their mission statement is to educate, inspire and empower young people to have happy, healthy and respectful relationships.

Katie was an engaging speaker and provided parents with information about current research on the hyper-sexualised society that our young people navigate thousands of times a day. She highlighted the importance of having empathy and standing in the shoes of others. Katie ended the evening with some very practical and achievable tips on how parents can open conversations with their teenagers.

“A really well-pitched presentation and great to know that this calibre of speaker is engaging with our girls on these difficult topics.” - Year 10 parent

“Really enlightening evening. Katie was totally engaging. It made me realise how important communication and honesty is with my teenagers. Loved it!” - Year 11 parent

“An excellent presentation that has made me feel much more confident to talk to my daughters and build strong communication with them.” - Year 7 parent

Join us at the next parent forum on Tuesday 26 July 2016 to listen to Susan McLean.

Jenny Avvenevole
P&F Vice President, Parental Engagement

**Dates for your Diary**

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<td>Sat 28 May</td>
<td>Year 8 Parent Function</td>
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<td>7.00pm at the Firehouse Hotel North Sydney</td>
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<td>To book tickets click here.</td>
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<tr>
<td>Sat 18 June</td>
<td>Year 10 Parent Function</td>
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<td></td>
<td>When: Sat 18 June</td>
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<tr>
<td></td>
<td>Where: Drink Better Wine, 189 Miller St</td>
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<td></td>
<td>Cost: $30 per person (includes substantial</td>
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<td></td>
<td>finger food and complimentary drink on</td>
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<td>arrival)</td>
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<td>Time: 7.00pm</td>
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<td>RSVP: 11 June - <a href="http://www.trybooking.com/IECT">www.trybooking.com/IECT</a></td>
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<td>Sat 30 July</td>
<td>Year 11 Parent Function</td>
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"P&F PARENT FORUM"
Subject Selection Evening for Year 10 Students & Parents

There will be a compulsory subject selection Evening for Year 10 students and parents concerning both the HSC and IBDP.

Date: Tuesday 31 May
Time: 6.00pm
Venue: McQuoin Centre, Monte Sant’Angelo Mercy College

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Monte Study Centre: Term 2, 2016

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<td>HSIE: Ms. Bowden</td>
<td>HISTORY/LEGAL STUDIES/Note taking/revision/essay writing: Ms. Jenkins (Day 4)</td>
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<td>ART &amp; TAS: Ms. Walters</td>
<td>ENGLISH: Mr. Curry</td>
<td>GERMAN/FRENCH/ General study skills &amp; revision techniques: Ms. Patzel</td>
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<td>RELIGION/SoR: Ms. Davis</td>
<td>MATHS : Ms. Lawrence (Day 4)</td>
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<td>SCIENCE: Mr. Zitzel Reaper (RY201)</td>
<td>SCIENCE: Mrs. Lee (RY201)</td>
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<tr>
<td>GEOGRAPHY/JUNIOR HISTORY/Essay writing: Ms. Sefton</td>
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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
Monte Sant’ Angelo Mercy College presents

George Gittoes and the South African Suite

The Sydney Peace Prize winner and renowned artist will speak via Skype about artworks he created during and after the South African 1994 Democratic elections and the inauguration of Nelson Mandela.

and

Dr Meredith Burgmann

will speak about her time as a political activist and her role during the sporting boycotts of South Africa in the 70s.

Wednesday 1st June, 2016
5.30-8.30pm

O’Regan Arts & Cultural Common
Monte Sant’ Angelo Mercy College
128 Miller Street,
North Sydney

A raffle prize for a return trip for 2 to Cape Town, including 3 nights accommodation in Cape Town and a ferry trip/guided visit to Robben Island to visit Mandela’s cell.

Donated by South African Airways (SAA)
Tickets will be sold on the night before the prize is drawn.
HOUSE PLAYS PHOTOS

www.akphotos.com.au
USERNAME: msamc PASSWORD: angelus
PROUDLY ASSOCIATED WITH MONTE SINCE 2001
Currently in Year 10?
Learn about making the best choices for your future...

Year 10 Information Evening
Lower North Shore event hosted at Queenwood

Our information evenings are designed to help Year 10 students (and their parents) choose subjects for the HSC, learn about the maths prerequisites and navigate through the process of applying to university.

You will have the opportunity to hear from university staff, current students and a representative from UAC.

Find out more about:
- ATAR, scaling, maths prerequisites and assumed knowledge
- subject selections
- career pathways
- the student journey to university.

We can’t wait to see you there.
All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents’ mindsets, rather than their parenting skills and understandings. Here are 10 mindsets for parenting success:

1. **Believe in your child**
   
   This is easy if you have an early maturer, a child who has talents you value, or one who easily achieves anything he or she puts his mind to. But it's a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child’s abilities is revealed through your expectations, your body language, even the expression on your face.

2. **Look for the best**
   
   What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you’ll get more of those things. Set your antennae for children’s strengths, abilities and social behaviours and you’ll invariably get more of those.

3. **Think long term**
   
   If you want your child to become independent then don’t do everything for him or her; you need to teach them some skills so they can become self-sufficient.

4. **Be brave**
   
   Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you’ve worked out what’s worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility; you need to be brave!

5. **Think family**
   
   Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting ‘the gang’ rather than individual children. "What’s in the best interest of my child?" has replaced "What’s in the best interest of the family?" as the guiding family principle. This has partly come along as a result of small families, and partly it’s a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what’s best for each child as an individual, rather considering what may be in the best for the entire gang.

6. **Accept challenges**
   
   There are always challenges raising kids. It’s important to embrace these challenges whether they are behavioural, or a child has struggles at school, or he is moving into puberty. It’s these challenges that will make you a better parent.

7. **Build your community**
   
   Parents don’t raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven’t all the answers so they build a community of support and expertise around them.

8. **Trust the process**
   
   It’s natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

9. **Adversity builds character**
   
   It’s natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

10. **This too shall pass**
    
    The hardest part of parenting is supporting kids when life doesn’t go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that "This hardship too shall pass."