Kate McNamara, College Captain 2016-2017 and Jordana Caravella, College Captain 2015-2016
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>FROM THE PRINCIPAL</td>
<td>3</td>
</tr>
<tr>
<td>DEVELOPMENT AND COMMUNITY RELATIONS</td>
<td>5</td>
</tr>
<tr>
<td>FROM THE HEAD OF INNOVATION &amp; TECHNOLOGY</td>
<td>6</td>
</tr>
<tr>
<td>FROM THE HEAD OF TAS</td>
<td>8</td>
</tr>
<tr>
<td>SR LECIA'S THOUGHTS</td>
<td>10</td>
</tr>
<tr>
<td>SPORTS REPORT</td>
<td>12</td>
</tr>
<tr>
<td>PARENTS &amp; FRIENDS</td>
<td>14</td>
</tr>
<tr>
<td>MONTE NOTICES</td>
<td>16</td>
</tr>
</tbody>
</table>
Dear Parents and Friends of Monte,

A warm welcome back to Term 3, particularly our Monte groups that travelled to Timor Leste and Wreck Bay. Over the coming weeks we look forward to hearing about their shared and enlightening experiences.

This is always an exciting week at Monte as our new student leaders are announced and we take time to reflect on the subject of women as transformational leaders.

In our special Leadership Liturgy we gathered as a Mercy community to bless those students chosen to represent and lead us in the spirit of our tradition. We entrusted them with the authority to carry out the duties of their leadership positions. Our new student leaders were commissioned as co-workers and sharers in the mission of Catherine McAuley and presented with the model of service that they have been called to emulate. This is a model of leadership which seeks to serve rather than to be served. It aims to develop unity and recognizes that each person has a unique gift to offer. We reflected on the responsibilities of leadership, and as part of the Monte community, each one of us is called to lead with courage and with grace.

Marissa Mayer, CEO of Yahoo describes her leadership journey, saying, "I always did something I was a little not ready to do. I think that's how you grow. When there's that moment of wow, I'm not really sure I can do this, and you push through those moments, that's when you have a breakthrough."

Although we can look back thousands of years and identify significant women who were transformational leaders, it wasn’t until recent times that the concept of “transforming leadership” was first introduced by renowned researcher James MacGregor Burns in 1978. According to Burns, transformational leadership is a leadership approach that causes change in individuals and social systems. It aims to stimulate and inspire followers to reach beyond what they thought possible and elicit extraordinary results.

Transformational leaders garner trust, respect and admiration from others. They model the behaviours expected and give others the space to grow and develop.

For the last 140 years Monte women have been educated to be leaders of the future; values based leaders. Each generation of our Alumni has extraordinary examples of women who have become people of influence around the world - by drawing on the skills and attitudes they developed from their shared experience as Mercy women.

These women ascribe their leadership influence to Mercy characteristics such as compassion, respect for human dignity, justice, hospitality, and hard work rather than to organisational stature.

This week we are excited to launch the third episode in our “Monte Women Leading the Future” video series. I invite you to hear from five Monte Alumni as they give a personal account of their career journey and what a Mercy education meant to them. Special thanks and acknowledgement to Alex Delaney (2013), Jacqueline Harris (1992), Ashleigh Mills (1999), Margaret O’Brien (1995), and Julie Ockerby (1991).

This week we pray that all our girls achieve their full leadership potential during their time at Monte and that our new student leaders will serve their community with courage and an open heart.
The College congratulates the incoming Student Leaders for 2016/17:

College Captain: Kate McNamara
Senior Leaders: Jenna Curtis, Sophie Dewis, Molly Mathias, Una O’Sullivan, Ines Paxton and Violet Simpson.

Co-curricular Captains:
Community Service: Priyamvada Kumar
Debating: Jasmine Robertson
Drama & Theatre: Eliza Larkey
Duke of Edinburgh: Olivia Wakeling
Literary: Meg Kanofski
Liturgy: Adeline Kassis and Lesley Spencer
Mercy Action Group: Georgia Baines
Music: Mia Glynn
Sports: Emma Smith
Technology: Olivia Smith
Visual Arts: Sarah Bartels

House Captains:
Aquinas: Olivia Akopian, Saskia Heath
McAuley: Sophie Hayes, Emily Wilson
McGuirk: Brigit Hides Pearson, Victoria Raper
McQuoin: Isabella Leone, Ciara Ryan
Rankin: Millie Alder, Celeste Russell
Xavier: Victoria Morabito, Harriet Phelps

God Bless

Mrs Nicole Christensen
Principal

Mrs Nicole Christensen and Sr Carmel McDonough RSM blessing the new leaders with Holy Water at the Leadership Liturgy.
FROM THE DEVELOPMENT & COMMUNITY RELATIONS TEAM
Deanne O’Shea - Director

New Video “Monte Women Leading the Future” Episode 3

Applications for 2017 Monte Bursaries Now Open. For more information click here.
Creating Meaningful Connections with Social Media

“The key is to keep company only with people who uplift you, whose presence calls forth your best.” - Epictetus

An incredible amount of data is generated online every minute of the day. According to Domo (2015 & 2016), every minute of the day:

- 9,678 tweets are sent on Twitter
- 2,430,555 posts will be liked by Instagram users
- Facebook users are liking over 4,166,667 posts
- Over 284,722 people will share a snap on Snapchat while 6,944,444 people will watch a Snapchat video
- 9,722 images are pinned by Pinterest users

And now with Pokemon Go, (spoiler alert: I’m old - I don’t have an opinion on this... yet...), who knows how much more data we will generate and consume as another product, service or solution disrupts our world, industry or life.

We are in times of hyper-connectivity, rapid change and constantly being told who to like, follow and connect with. Sounds pretty grim(!) but actually, life has always been like that; it’s just that technology facilitates this communication. However, it’s still ok to say ‘no’, right? Yes. It’s ok to not like or follow something or someone, right? Yes. It’s still ok for you/me/us to decide what is useful and valuable information? Absolutely. The challenge for everyone (not just students) is to fine-tune our connections with the world of social media and social networking AND still value the wonders of what it means to have a conversation with someone ‘in real life’.

But, how do we support our students in fine-tuning their social networks if going cold-turkey is not an option or an impossibility? It’s our role as educators and parents to develop a meaningful dialogue about what could be valuable out there on social networks; to share those critical thinking practices that enable us to say: ‘yes, this is great stuff and I want more of it’ or more importantly ‘no, this is not for me’.

Many educators are on social media to develop personal learning networks (PLNs). PLNs are a great way to connect with likeminded people, to share ideas and discover new resources that challenge your own thinking and perspective. It’s like having an online brains trust. Our assumption is that the challenges some students face with social media is not knowing where the good stuff is and only knowing where the not-so-good stuff is. That’s where you come in. Are you using social media as part of your daily professional or personal life? If so, why? Are there things that you access and consume on social media that could be shared with your daughter? Sometimes, we forget that our worlds are not that dissimilar to the one that our students are in. There are plenty of nuggets of information out there that are great for us as professionals, but those messages can also be transferrable to students’ way of thinking.

For example, Harvard Business Review, Fast Company, World Economic Forum and Inc. all have social media presences. There are daily postings of articles on a range of topics including innovation, creativity, entrepreneurship, technology, social justice, work-life balance, mindfulness and well-being. But, do our students ever think to go to these places to access, interact and engage with what is shared there? Or, do they only think that these places are for those who are in business, start-ups, leaders, social justice advocates, entrepreneurs, creatives and executives? A Monte girl can be any of those things.

Here’s the last part of an Inc. article titled 5 ways to transform brilliant ideas into reality (Lafair, 2016):

“Here is the list. Put it near your computer or on the bathroom mirror. Creativity is in you and here is how to access it effectively.

1. Relax
2. Seek out new ideas and adventures
3. Find opposing perspectives and situations and just listen
4. Get into the zone through art and writing
5. Relax

Creativity is in every one of us and for busy entrepreneurs it is crucial to romance this part of yourself to stay at the top of your game.”

And, yes, I know the 1st and 5th way are the same - you need to read the article to understand why this is the case! You’ll notice that I’ve intentionally bolded and underlined the word ‘entrepreneurs’. What if we replaced this with the word ‘students’ or, for purposes of staying on brand: ‘Monte Girls’?
Other articles that I think are worth sharing:

3 Science-backed bedtime routines that make you more creative

5 Tips that will make you an incredible public speaker

Lessons of leadership from Fast Company’s Innovation Festival

How to train your brain to push past perfectionism

And there are plenty more. I’m not saying that you have to follow anyone on Twitter or Facebook, but you if you think that the above sources are useful, interesting, conversation starters, thought provoking or educational, check them out. The choice is yours.

Is there anywhere I can read up more on social networks like Twitter, Snapchat, Facebook and Instagram?

Yes! Thankfully, many social networking sites provide very useful information for students, parents and teachers about safety and appropriate use:

Twitter - https://about.twitter.com/safety
Facebook - https://www.facebook.com/safety
Instagram - https://help.instagram.com/154475974694511
Snapchat - https://www.snapchat.com/safety

You might also find these sites useful as well:

iKeepsafe - http://ikeepsafe.org

References

James, J 2015, Data Never Sleeps 3.0, Domosphere, viewed 4 May 2016 <https://www.domo.com/blog/2015/08/data-never-sleeps-3-0/>

James, J 2016, Data Never Sleeps 4.0, Domosphere, viewed 28 June 2016 <https://www.domo.com/blog/2016/06/data-never-sleeps-4-0/>


Tom Lee
Director, Innovation & Technology
Indigenous Chef Jess Sinnott and Maruku Marketplace

Monte has a strong connection with the Indigenous communities of this land. We celebrate this connection annually through our NAIDOC week celebrations. As part of the celebrations at the end of Term 2, Year 12 Hospitality students produced and served Indigenous Australian inspired canapés at the Maruku Marketplace. This allowed members of the public to not only view and purchase Indigenous art and carvings from the community of Mutitjulu, they were also able to taste the traditional flavours.

This year’s menu was created by Indigenous chef, Jess Sinnott from Koori Kinnections. Jess came into the Hospitality kitchen and mentored the class, sharing her wisdom, history and skills to help the students create delicious canapés using Australian bush spices, herbs, nuts and other Indigenous ingredients. During this session, Jess taught the students how to create contemporary dishes using traditional bush spices and flavours. Each dish was delicious and each celebrated Australian culture and Indigenous heritage. The menu included:

- Kangaroo, Macadamia and Pomegranate Salad
- Native Spinach Pesto Crostinis with Bocconcini and Sun-dried Tomatoes
- White Chocolate and Raspberry Dampers with Davidson Plum Jam and Wattleseed Cream
- Blood Lime Tarts
- Lemon Myrtle Cordial

The Year 12 hospitality classes recreated these canapés and had great success in serving them to our guests at the Maruku Marketplace. It was a rich experience, allowing the students to learn from an Indigenous Chef and embrace our relationship with the Indigenous communities of this land.

Monte Design Week and Design Showcase

The annual Monte Design Week commences Monday 22 August. The TAS students will be involved in a variety of different initiatives and seminars during their timetabled lessons for the week that will encourage them to think about design and consider how it affects the way we live. Due to the generosity of many industry contacts our workshops this year will be diverse and highly entertaining.

The highlight of the week will be the Design Showcase on the evening of Wednesday 24 August in the McQuoin Centre. The event offers a platform for all students to display and model their innovative designs and their competent use of new and emerging technologies whilst the Hospitality students will be offering light refreshments from 6pm. The main attraction will be the Year 12 HSC Design & Technology and IB DP Design Technology students’ Major Design Projects, many of which have been many long months in the making. The doors to the exhibition will open at 6:30pm followed by a catwalk show at 7pm. Entry this year will be by gold coin donation, with all proceeds raised on the evening going towards Food for Thought in support of Colegio Infante de Sagres Maliana, Timor Leste. The students take great pride in presenting their project work; it would be fabulous to see as many people as possible from the extended Monte community on the evening.

Adrian Johnston
Head of Technology & Applied Studies
On the first day of the June-July break, a group of 16 Year 12 students elected to attend the Sydney Catholic Schools Studies of Religion HSC Focus Day at ACU Strathfield with 1200 students from all around the Archdiocese.

The day was an opportunity for Monte students to experience a taste of university life at the Mount Saint Mary campus. They were able to determine the workshops that suited their own learning needs and navigated the campus facilities independently.

Students attended a range of workshops in order to prepare for their upcoming Trial and HSC Examinations. All Studies of Religion students appreciated sessions relating to their depth studies which included: St Paul, Baptism and Imam al-Ghazali.

Studies of Religion 2 Unit attendees also benefited from content unique to their studies including a Religion and Peace workshop. A number of the girls commented that they strongly valued the opportunity to hear from experts in their field including guest speakers from the Islamic Sciences and Research Academy of Australia (ISRA).

Matthew Abourizk & Kerri-Anne Ramsay
Religious Education Faculty
In Retrospect

Dear Readers,

This week let us look back over the past three weeks. It would be interesting indeed to know what each of us has done during the mid-year break. If like me, your plans went awry, I am sure, notwithstanding, that we all have much to be thankful for.

Continuing in retrospect, I would like to dwell a while on the Liturgical Readings of the Sunday just gone, for some spiritual nourishment.

Genesis 18:1-10. This is the foundational story of Rublev’s Icon of The Holy Trinity. If you have a copy of this sacred painting, look at it again. You may receive a new insight- e.g. The Trinity is where we must dwell in God’s Presence. Abraham knew instinctively that the three men were God, deserving deep respect and fine hospitality, but he could never have guessed what blessing they would bring: a son for Sarah and himself!

Colossians 1: 24-28. St Paul explains how we can live in God’s Presence. We have been made Members of Christ’s Body, of which Jesus is Head, so that we can share in His mission of Redemption for the human race, by adding our suffering (and all our experiences) to His. This means that whatever happens to one of us affects all of us. Our lives are built on relationships requiring respect, and right behaviour. Yet we often fail to maintain our good relationships. One reason may be that we do not listen well enough, and therefore do not even see, let alone address, the real need of the other person, or we may have fixed ideas of what ought to be, instead of what actually is.

Luke 10: 38-42. The theme of God’s Presence is taken further here. Martha is preparing a meal, and resentfully complains to Jesus that Mary is just sitting at His feet, instead of helping her. Jesus defends Mary, by telling Martha, that although what she is doing is good, what Mary is doing is better! Let us recall that Jesus also claimed as his mother, brother and sister, those who listen to God’s Word and keep it. This was the thrust of His own life – to be with the Father and listen to Him in order to do His Will. As Jesus’ disciples, we must also sit at his feet and listen, allowing Him to teach us and guide us through the path He has chosen for us. He is our Way, our Truth, our Life.

In conclusion, I pray our eyes will be opened to see God everywhere and feel safe in His Presence, choosing a right balance between action and prayer. I wish you “better” days ahead!

Sr Lecia RSM
NSW All Schools Cross Country
Good luck to Grace Kells (Year 7 – 12 Years) and Isabella Ward (Year 10 – 16 Years) at the NSW All – Schools Championships today.

Netball Umpires
Congratulations to the following umpires who were levelled recently:
  • Natasha Augustus – National C Badge
  • Paris Wong, Lily Duczmal and Lauren Shaw who all received Junior Level 3 accreditation.

Yoga – Term 3
Yoga takes place each Friday morning from 7.00-8.00am on the stage in the ACC. Students were sent a permission note via email this week for the Term 3 session. Students can try for one week prior to committing if they would like to.

Tae Kwon Do – Semester 2 (Terms 3 and 4)
Tae Kwon Do takes place on Monday afternoons from 3:30-4:30pm in Mercy Hall. Students were sent a permission note via email this week for the Semester 5 session. Students can try for one week prior to committing if they would like to.

Congratulations
  • To Samantha Murphy and Joanna Lynarko (both of year 12) who represented NSW at the Australian National Championships for Acrobatic Gymnastics in a level 7 trio and won a silver medal. Sam was the NSW State team captain for acrobatic gymnastics and NSW was the overall winning state of the event.
  • To Jessica Maschmedt, Gracie Lee and Charlotte Gorman (all of year 9) who won a silver medal at the U/16 Australian Basketball Championships playing for NSW during the school holidays.
  • To Tully White (Year 11) who won the NSW Junior Long Board Surfing Championships in the holidays and has now earned the right to compete at the National Championships next month.

#ITSOK2PLAY – trying new things will help to build your resilience.

Stuart Hanrahan
Sport Program Manager

Snow Sports Report
From 14-16 July, 13 of us went to Perisher to compete in the 2016 Sydney Interschools Snowsports Championships. Here we could choose to compete in a variety of events including Alpine, Skier X, Moguls, Snowboard and Boarder X. The atmosphere on the slopes prior to the races was intense with girls waxing their skis, stretching and generally psyching themselves up before plummeting downhill as fast as they can go. The snow was beautiful on the days of the races with a massive dump of snow beforehand, making it a fantastic excuse to enjoy the amazing conditions and add a competitive element to it.

Monte performed extremely well in this competition with a variety of amazing results. Holly Anderson who is in Year 9 competed in the Snowboard and Boarder X and qualified for the NSW championships individually for both, which is a remarkable feat in this highly competitive division. Alice Pagliaro also qualified individually for State in Alpine, coming 9th out of 64 competitors, all of which are at the top of their field when it comes to skiing. The Division one alpine team consisting of Georgia Face, Chloe Pagliaro and myself also qualified for the NSW championships coming 4th as a team, with Georgia qualifying individually for the Division 1 Alpine, coming 10th in possibly one of the most difficult competitions within NSW.

Everyone who competed raced with a lot of courage, as it is incredibly difficult to speed down the mountain just on the edge of control with obstacles between you and the finish line. All the girls should be immensely proud of themselves and I am so happy to have finished on such a fun and successful year.

Mia Duggan
Sports Captain 2015-2016
PARENTS & FRIENDS
Hi everyone and welcome back.

I hope you and your daughters managed some down time over the term break.

Term 3 for the P&F opens early with a General Meeting next Tuesday 26 July at 7.15pm in the ACC where Susan McLean, cyber-safety expert, will present to parents on this important topic. Information about Susan is available at http://www.cybersafetysolutions.com.au/.

The Year 11 parents are also gathering at the Greenwood Hotel near North Sydney station on Friday 29 July – so please come along if you can.

Finally, I read an interesting article last week written by Professor David Cameron-Smith whose research suggests that there is a strong and negative correlation between teens who leave their phones on at bedtime and academic performance. It might seem obvious – and so parents struggling with prying devices out of their children’s grip might find this service from Telstra worth considering. Click here to read more.

Have a good week.

Andrew Rutherford
P&F President
Monte Absentee Office

A warm welcome to Corinne Pye who is now in our Absentee Office.

Year 8 Learning Conference

Date: Wednesday 27 July 2016
Venue: Nura Kammeraigal (Level 1 CMP)
Time: 4.00pm – 8.00pm (break 6.00pm-6.30pm)

Monte Study Centre: Term 3, 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSIE : Ms Smith</td>
<td>HSIE : Ms. Bowden</td>
<td>HISTORY/ENGLISH : Ms O’Haíher</td>
</tr>
<tr>
<td>ART : Mrs Harrison</td>
<td>ENGLISH : Mr Curry</td>
<td>ENGLISH : Ms Harte</td>
</tr>
<tr>
<td>RELIGION/SoR : Ms Ramsey</td>
<td>RELIGION/SoR : Ms Davis</td>
<td>MATHS : Ms. Patterson</td>
</tr>
<tr>
<td>MATHS : Mr Baker</td>
<td></td>
<td>MATHS : Ms D’Angelo</td>
</tr>
<tr>
<td>ACADEMIC SUPPORT : Mrs Shepherd</td>
<td>LANGUAGES : Ms Suarez</td>
<td></td>
</tr>
<tr>
<td>SCIENCE : Ms Shareef (RY201)</td>
<td>PSYCHOLOGY/S&amp;C/ESSAY-WRITING/MINDFULNESS : Ms Macken</td>
<td></td>
</tr>
<tr>
<td>SCIENCE : Ms Gwyther (RY201)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>REFERENCING &amp; RESEARCH SKILLS : Ms Brown</td>
<td>REFERENCING &amp; RESEARCH SKILLS : Mrs Uther</td>
<td></td>
</tr>
</tbody>
</table>

In the Monte Library
Make an appointment, or just turn up!
Free study help for students after school in the library
MONTE MATTERS

22 JULY 2016  /  TERM 3, WEEK 1

MONTE NOTICES

Announcing the Monte Book Discussion Group

In August, Jenny Uther from the Monte Library will be starting a book discussion group for parents, carers and other adult members of our Monte community.

The first meeting will be at the College on Wednesday 3rd August at 11 am.

If you enjoy reading and discussing books and would like to join us for our first ever meeting, please contact Jenny Uther at juther@monte.nsw.edu.au or on 94096294.

From the Health Centre

Gastroenteritis is commonly caused by viral infections resulting in vomiting and diarrhoea. The viruses are easily spread from person to person. Thorough washing of hands with soap and running water are vital to prevent spread.

Please read the NSW Health fact sheet for more information.


Lauren Jacobs
College Nurse

Help Needed

Each year during the Design Showcase week we ask friends and family with links to the Design Industry to come in and share with the students their experiences within the design world.

Students gain so much from listening to people’s life experiences and contextualising what they learn at Monte. If you are involved in a field of Design or know of anyone who might be willing to talk to students between 22nd – 25th August, please contact cparrish@monte.nsw.edu.au.
Monte Sant' Angelo Mercy College

**IB Middle Years Programme Personal Project Exhibition**

Year 10, 2016 warmly invites you to a celebration of their work
Official Opening by Mrs Nicole Christensen, Principal at 5:00pm

| DATE / TIME | Thursday 28 July 2016  
4:00pm - 6:30pm |
|---|---|
| VENUE | McQuoin Centre  
Monte Sant’ Angelo Mercy College  
128 Miller Street, North Sydney |
| RSVP | Monday 25 July 2016  
Justine Losurdo @ jlosurdo@monte.nsw.edu.au for catering purposes |

**LIGHT REFRESHMENTS WILL BE SERVED**

Followed by the HSC Visual Arts exhibition of Year 12 Bodies of Work in Mercy Hall 6:30 - 8:30pm
**MONTE NOTICES**

**Invitation from Monte Sant' Angelo Mercy College**

**Parents & Friends**

**Cybersafety Information Session**

**Tuesday 26 July 2016**

**Guest Speaker - Susan McLean**

We welcome Susan who has an extensive background in law enforcement and Cyber Crime prevention. As a mother of three children, she is acutely aware of the issue of Cybersafety from a parental, school and legal perspective. She has worked almost exclusively with youths and the community for the past 17 years. She has also conducted significant research on the issue of Internet misuse and Cyber-Bullying.

Her expertise in Internet crime and young people has seen her being sought after as a consultant. She has worked with police internationally, including the Dallas Police Department in the United States.

She also provides advice and assistance to a range of key youth stakeholders including various government and non government bodies, adolescent psychologists, magistrates, counselors and nurses.

| DATE / TIME     | Tuesday 26 July 2016  
|                 | 6.00pm               |
| VENUE           | Monte Sant' Angelo Mercy College  
|                 | 128 Miller Street, North Sydney |
| RSVP            | Friday 22 July 2016  
|                 | https://www.trybooking.com/LVQZ  
|                 | Booking essential for entry |
| ENQUIRIES       | Contact Rosemary Trenaman on rtrenaman@monte.nsw.edu.au |

Light refreshments will be served. Please note, audio and visual recording of this event is strictly prohibited.
How do you maintain a good relationship with a teenager? Here are two simple strategies to help parents hit the right parenting mark through this sometimes-challenging stage.

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem, can really help parents straddle this great divide. They are - following through and following up.

When used wisely and consistently they can help parents manage teenagers even during their more difficult stages while maintaining a respectful relationship.

**Following through to teach responsibility**

‘Following through’ means doing what you say you'll do. If you say “You’re grounded” yet then let a young person off the hook when they came home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

‘Following through’ is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone’s individual rights, then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes. If this sounds high-handed then relax. It’s how a civil society operates. Drive too fast and you’ll receive a fine. Harm someone and hopefully you’ll be issued with a suitable punishment that matches the offence. ‘Cross a line and something happens’ is the accepted wisdom in our community, in school and in family-life.

It’s important that the consequence issued matches the misdemeanour. When consequences are related to the misdemeanour, taking away a teenager’s regular pocket money to remind him to come home on time defies teenage logic and will generally lead to resentment. When we go too far – “you’re grounded for the term” – then we generally get resentment. Not strong enough – “you should apologise” and they become ineffective. It also helps when consequences are related to the misdemeanour. Taking away a teenager’s regular pocket money to remind him to come home on time defies teenage logic and will generally lead to resentment. Be mindful that a rational, logical approach is a parent’s best defence against teen emotion.

The key to the successful use of consequences rests with how you implement them. If you issue them in anger (even though that’s how you feel) then you are inviting a young person to challenge you. Implement consequences dispassionately and calmly and you’ll increase the likelihood of them being mad at themselves rather than mad at you. Nonchalance is a parent’s best friend when it comes to managing the behaviour of highly-charged teens.

**Following up to reconnect**

It’s easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they’ve said or done hurtful things. Once the dust has settled after discipline or a dispute then it’s time to follow-up with a kind word, an enjoyable activity or even just a sincere smile. It generally takes the adult in the relationship – parents or teachers – to make the first move to put the relationship back on an even keel.

It’s smart to choose a time when you are both more relaxed to reconnect rather than rush to make up before either person is ready, which can make matters worse.

Following through and following up are a dynamic discipline duo when they are used together as they help parents straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use one without the either and you’ll come across as either too soft or too harsh. Use them in tandem and you’re more than likely hit the right parenting mark.