Monte Middle School Leaders 2016

Year of Mercy

2016

MONTE MATTERS

13 MAY 2016 / TERM 2, WEEK 3
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Produced by Monte’s Development & Community Relations Team
Feedback welcome - doshea@monte.nsw.edu.au
Dear Parents and Friends of Monte,

Pope Francis said that teenagers would be well advised to put their phones away and enjoy life the old-fashioned way.

“Your happiness has no price,” Pope Francis explained. “It cannot be bought. It is not an app that you can download on your phones, nor will the latest update bring you freedom and grandeur in love.”

I’m often asked by parents what advice I can give them to help support their teenage daughters in this stage of their school life. One of the most practical and evidence based approaches I advocate is for parents to follow Dr Dan Siegel’s “healthy mind platter”. Although I have written about this before, I believe it’s important for families to revisit this framework on a periodic basis as a “healthy mind” check in.

Dr Dan Siegel, world-renowned neuropsychiatrist and author, characterises the teen years as the most powerful life phase for activating courage, purpose, wellbeing and happiness. To activate courage, purpose and a teenager’s wellbeing, the focus should be on maintaining a healthy brain. Siegel prescribes the “healthy mind platter” of daily nourishment. On his mind platter he places seven “ingredients”. Years of brain research lie behind this simple recipe. In practice, adopting the mind platter comes down to two areas that need daily attention: inner and outer nutrients.

1. Inner nutrients:
   a. Focus time
   b. Sleep time
   c. Down time
   d. Time in

2. Outer nutrients:
   a. Physical time
   b. Play time
   c. Connecting time

Inner nutrients: In addition to time spent focusing on studies, students also need enough sleep to be well rested, adequate down time to let the brain rebalance, and a time to go inward through prayer, meditation or self-reflection. Siegel believes reflection is the most precious time, since it opens the way for evolution and growth.

Outer nutrients: This is the area of outward activity and recreation. Although physical time focuses primarily on getting your muscles to move, the holistic effect is to balance the mind-body system.

Healthiest of all is play and connect time, as it is often neglected in the rush of modern life. It takes a conscious decision to find ways to personally connect with family and friends through recreation and communication. As many sociologists have pointed out, this area of life used to define everyday existence, at a time when families sat together at evening mealtime. According to the field of positive psychology the happiest people tend to be those who spend one or two hours a day talking with close family and friends.

At Monte we embed this recipe into our curriculum and College life. Our student “reflection days” focus on the emotional, physical and social balance of our young women. On camp, students have the opportunity to enjoy fun recreational activities, both physical and social, building relationships and resilience. Regular Chapel mornings give our students time to reflect.

Together as educators, parents, and community we have the responsibility to nourish the growth and spirituality of our teenagers through the development of their healthy minds, brains and hearts.

God Bless.

Mrs Nicole Christensen
Principal

“Teenage happiness is not an app you can download on your phone.”
- Pope Francis
Recently in Baggot Street, I got to sit in what was once the community room in the first house of Mercy built by Catherine McAuley in response to the needs of the poor of Dublin. How lovely it was to hear Sisters speaking in their Irish accents, imagine the sounds of the 19th Century street below and begin to appreciate how a grey sky can indeed be the backdrop to wonderful things.

Through all of the stories of Catherine’s life I heard, it was clear she had a deep conviction that “No work of charity can be more productive of good to society than the careful instruction of women.” How she was able to share her vision and draw like minded women to her work was inspiring.

It struck me to learn that when she was preparing to teach the students who would come into her care, she went to France to study the educational system there and to observe the work of the Daughters of Charity in the slums of Paris. Catherine studied the best she could find on offer at the time and brought back a method where one person would oversee the work of many “teachers” instructing small groups in a single classroom. Through our eyes, we might well say it was a savvy way to use scarce human resources, aimed at securing quality outcomes for her students whilst offering some professional support to a very inexperienced staff. What is wonderful is that it worked!

As a legacy of these pioneering women, who wanted something better for the poor, we now confidently navigate students through the current education system with a high degree of success. We would be irresponsible, however, if we rested on our achievements because the only certainty we have about the future, is an understanding that it will be the result of some very big shifts.

We have the same drive that Catherine and the Sisters showed, to offer the best we can find; to provide learning that places our girls ready for their future, our future. We hear about the disruptive drivers changing the nature of work and of life. The world of the future will be more globally connected, impacted by the effects of climate change. It will involve smart machines, superstructured organisations and the need for new media literacies. Where an algorithm can be written for work people currently do, the job will no longer exist in its current form given the growth in computer processing power. We already know that as we live longer and society continues to evolve, the ‘successful’ will be those who are collaborative agile learners. We continue to understand that the ‘significant’, will still be those who bring the Spirit to all that they do.

Allyson Mascarenhas
Deputy Principal, Curriculum
FROM THE DEVELOPMENT & COMMUNITY RELATIONS TEAM
Deanne O’Shea - Director

Upcoming Community Events

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<td>Wed 18 May</td>
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The next College Information Morning and Tour for future parents will be held on Tuesday 7 June from 9.15am.
To book your place please email registrar@monte.nsw.edu.au.

This Week on Social Media

@montecollege

MonteSantAngeloMercy
@montecollege

#mercymonday “When I dare to be powerful...it becomes less and less important whether I am afraid” Audre Lorde

MonteSantAngeloMercy
@montecollege

y_lead presenting to Year 11 & 12 students today to expand their knowledge on leadership skills & techniques

MonteSantAngeloMercy
@montecollege

Monte's Gifted & Talented Coordinator leading a workshop for teachers today to enhance the classroom experience

MonteSantAngeloMercy
@montecollege

Monte students at The North Sydney Centre for Sustainability learning about native plants for future use at Monte
Monte Alumni together with Monte’s Higher Education and Careers Centre
Invite Years 7-12 Students and Parents to our

2016 CAREER INSIGHTS EVENING
WEDNESDAY 18 MAY, 5–8 PM

Choose for a wide range of speakers. This is a unique opportunity to hear from over 30 inspirational Monte Alumni representing a wide variety of industries. During each 25 minute session speakers will share their professional and personal insights about their career and answer questions from the audience.

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

SCHEDULE OF EVENTS
5.00 - 7.00pm - Presentations
7.00 - 8.00pm - Stand-up networking supper

RSVP
www.trybooking.com/LGLV
By Monday 16 May 2016
sgraham@monte.nsw.edu.au

To view highlights of the 2015 Career Insight Evening CLICK HERE
Deborah Brown  
Manager, Library and Information Science

As we head into a period of assessment tasks for all years at Monte, it’s timely to highlight the topic of academic honesty as it applies to our students. What do we mean by academic honesty, and how do we manage and foster it in our school?

The ethos of academic honesty is fundamental to the College, and, in addition to the requirements dictated by the IB and the NSW Board of Studies, the importance we place on it is underpinned by our commitment to the Mercy values and a sense of fairness and ethical practice. Our Academic Honesty and Ethics Policy unequivocally states that a student’s work must be authentically based on their own individual and independent thinking and must be expressed and presented in their own style.

We approach the teaching and management of academic honesty from many different directions, but our primary focus is to nurture our students’ sense of intrinsically motivated integrity: that ethical academic practice is the ‘right thing to do’. One way we do this by cultivating students’ identification with the IB Learner Profile attribute of being principled learners who “act with integrity and honesty, with a strong sense of fairness, justice and respect...[and] take responsibility for their own actions and the consequences that accompany them” (MSAMC Academic Honesty and Ethics Policy).

Explicit teaching of ethical academic practice begins in Year 7, when students are introduced to the concept of acknowledging the work and ideas of others when these are incorporated into the students’ own work, for example when research is undertaken for an assessment task.

This is underpinned by the value of respect – we pay respect to the creator of the original source by giving them due credit in our own work. Academic referencing and bibliography creation are ingrained in our students by Year 12, giving them a thorough grounding in skills they will need in any tertiary studies they undertake.

In addition to explicit skills instruction in class, the College uses the online platform, Turnitin, as a tool to assist teachers and students in detecting if accidental or intentional plagiarism has occurred in a piece of submitted work. Monte’s Academic Honesty Policy defines plagiarism as the “misrepresentation of another person’s work as one’s own”. Turnitin, used by 15,000 institutions worldwide, including many universities here in Sydney, is sometimes the subject of student concern, however we emphasise its use as a learning tool rather than as a punitive device, that students can use to self-check their draft work for referencing omissions prior to final submission.

An integral part of the Monte Library’s role is to support students in understanding and practicing academic honesty in all their work at the College. We know that in our digital world this needs to be an open, transparent and ongoing conversation with students and the broader school community.

Deborah Brown  
Manager, Library and Information Science
LANGUAGES REPORT

Last Friday all students of Indonesian and Year 12 IB Theatre Studies gathered in the ACC Theatre to witness a Wayang Kulit Performance (Shadow Puppets) by Pak Sumardi, a renown Dalang (puppeteer) from Solo in Central Java. The performance was an opportunity for some very rich intercultural and interdisciplinary learning. One of our Year 12 IB Theatre students Alex Patrick-Dunn has chosen to research Chinese shadow puppetry for her theatre research project. She writes: "An important aspect of the assessment is to make connections between the chosen tradition and another international performance tradition. Of course, given the opportunity to experience a Wayang performance last week I have chosen Wayang Kulit as my related tradition. I am comparing and contrasting the two styles of shadow show in order to better inform my understanding of world theatre traditions. The performance was extremely informative for me as it not only allowed me to experience Asian shadow puppetry first hand but gave me invaluable insight into the way shadow puppetry varies across cultures."

Students of Indonesian language identified the performance as a first hand experience of the unique culture of our close Asian neighbour. Many girls in Year 7 indicate an interest in Asian culture as a main reason for choosing to study Indonesian language here at Monte. For Year 7 in particular it was first taste of the rich and varied traditional forms of entertainment and artistic performance. "From a year 7s perspective the shadow puppet show was an amazing experience and made me want to learn more about Indonesians and their culture" (Roslyn, Year 7 Indonesian).

Students not only enjoyed the performance but were able to observe Pak Sumardi’s traditional clothing, the way he embodies the refined aspects of ancient Javanese culture, his manner and cultural deportment as well as his astonishing skills. "It was really interesting to see how Pak Sumardi created the show through the use of different puppets with good and evil characters, lights and sound effects." (Elizabeth, Year 10 Indonesian)

"I though the way Pak could play the instruments with his feet and still move the puppets and create different voices was incredible. He was very skilled in the actual puppeteering and watching the performance from both in front and behind the screen was amazing". (Jade, Year 9 Indonesian)

Pak Sumardi was very happy to answer students questions and mentioned that, unfortunately, Wayang is a dying artform in Indonesia, where fewer and fewer young people show interest in this performance let alone want to study the art form. He is trying to remedy this by proposing to his government to tour nationally throughout Indonesia. We wish him success in his proposal, Pak Sumardi represents his nation and cultural heritage with humility and pride.

Ruth Benfield
Indonesian Teacher
On Friday 29 April the Year 12 Spanish 2 AB initio class received the special visit of Sr Mary Rajca. Last year, when this group of students were still in Year 11, they created a story book in Spanish for the children in a preschool in the town of Candela in Lima, Peru which the Sisters of Mercy established a few years ago.

The books were taken in person to the children by Sr Mary and she came back to tell us how they were greatly appreciated and how, in true practice of Mercy values, some of them were even shared with another local school which serves children who have academically struggled in regular classrooms.

She reminded the girls about how these places have become spaces where the children feel safe and are given the attention they require even before and after school when necessary.

The families of Candela are among the poorest in Peru. As this area has one of the highest unemployment rates in the city and there are no social security benefits, the families struggle to survive. As a means of helping the families of this shanty-town, the women have been encouraged to make handicrafts as a way of providing income to support their families. This is where the Monte scarfs are made, as well as the special dolls the girls receive every year when they start at the College in Year 7.

We are all delighted to have had the chance to combine a learning experience with creating a product that has social value for people in need. It is very rewarding to know this book will be read to, and by, preschool and school aged children who might find out more about Australia this way.

Kati Varela Batista
Languages Teacher
Motherhood and Pentecost

Dear Readers,

Last week we honoured the role of Mothers in bringing up their children. Today I share my feelings of envy as a small child... “I wish had a pretty, young mother like Aunty Stella, a mother who would play with me, give me new clothes and buy me a pram for my dolly! Is my mummy just too old to care??”

Recently at my elder sister’s funeral, I heard my nieces (cousins) owning up that they would have swapped mothers - one because her mother was too glamorous, and the other because her mother was too plain! How blessed we would be, if like my nephew, we could say: “Well, I am very happy with the mother I had. She was just right for me, and I wouldn’t have changed her for the world.” In fact, God chooses our mothers for us: so each one is just right!

The point I am making is that there is no such thing as the perfect person, let alone the perfect mother. Regardless of any faults dissatisfied siblings might discover, our mothers do great things for us. To a baby, Mother’s face is the face of God! I have noticed that, in spite of my nieces’ “disapproval” of their mothers, they each follow closely in their mothers’ footsteps, imbibing their values. Deep down each one really treasures her own mother.

So, what might the celebration of Pentecost mean to mothers? It is a reminder that the Holy Spirit brings harmony. Pope Francis says it like this: “Only the Spirit can awaken diversity, plurality and multiplicity, while at the same time building unity.” When the risen Jesus appeared to his disciples, he said: “Peace be with you!” and breathed on them the gift of the Holy Spirit, promising that God would forgive those they forgive. (I am sure this applies to each one of us.)

Ponder now these verses from the beautiful poetic Pentecost Mass Sequence:

“Holy Spirit, Thou in toil art comfort sweet; pleasant coolness in the heat; solace in the midst of woe. if you take thy grace away, nothing pure in man will stay; all his good is turned to ill. Heal our wounds, our strength renew; on our dryness pour Thy dew; wash the stains of guilt away. Bend the stubborn heart and will; melt the frozen, warm the chill; guide the steps that go astray.”

My final prayer is: “May the beaming radiance of the Holy Spirit fall on us all!”

Sr Lecia RSM
STUDENT SHOWCASE
FROM THE MERCY ACTION GROUP CAPTAIN

One donation can save three lives. The sooner you start, the more lives you’ll save. Every week Australia needs over 27,000 donations. One in three Australians will need blood transfusions in their life time, but only one in thirty people donate. I only have a hundred words to encourage you or a family member to donate blood, so here are the four steps to donation.

1. Check if you can donate: If you are 16 or older, have not donated in the past 12 months and are in good health you are eligible to donate. If you’re unsure Red Cross have a quick quiz on their website to see if you’re eligible.

2. Book in your donation: You can find the upcoming dates in North Sydney or in your local area through the Australian Red Cross Website.

3. Prepare to donate: Make sure that you have plenty of liquid on the day before and day of your donation. Eat a good meal before you go and bring some photo ID with you.

4. Donate: The whole process should take no longer than an hour, and the only pain you’ll feel is a brief sting. You should feel fine afterwards. In fact, you should feel great because you’ve just saved someone’s life. Also you’ll get a cookie and a drink after you donate!

I am an Australian Red Cross Youth Blood Ambassador, and during the holidays I donated whole blood for the first time. Unfortunately, I can only donate once a year as I am under eighteen. I was quite nervous at first but once I actually sat in the blood donation chairs (very comfortable) the only pain was having to squeeze a stress ball.

Most people feel fine after donating blood, but some may experience reactions. Most reactions are mild and can include small bruises or feeling faint. Afterwards I did feel a bit faint, but once that went away, (thanks to my aunty for her patience, and good humour) I was ecstatic about the fact that I had saved three lives! If you’re interested in donating blood, then you can look at the Red Cross Blood Donation Website for more information.

Alessandra Fiore
Mercy Action Group Captain
& Red Cross Youth Blood Ambassador
SPORTS REPORT
Representative Cross Country
Monte is sending 37 runners to the IGSSA Cross Country Championships this Friday 13 May. With over 150 runners in each age group the IGSSA event is a tough challenge but always a good lead up to the CGSSSA Championships. The CGSSSA event will be held on Friday 27 May at Homebush and is the event that acts as a pathway to NSWCCC and NSW All Schools representation.

Representative Basketball
Monte’s Junior and Intermediate Representative Basketball teams will travel to Bankstown next Wednesday to compete in the CGSSSA Championships. The winning team from each age group earns the opportunity to compete at the NSWCCC Championships in October.

Representative Netball
Monte enters Representative Netball teams in the CGSSSA and NSWCCC Championships in Term 3. Teams selected are Junior (Years 7 & 8), Intermediate (Years 9 & 10) and Senior (Years 11 & 12). All students were sent an email regarding selection dates. Non-monte Netballers are welcome to trial but should be of representative level standard for these teams.

Congratulations
• Sophie MacLennan-Pike (Year 10) and Isabella Ward (Year 10) who were both selected in the NSWCCC Open Netball Team that will play in a tri-series against NSWCIS and NSWCHS in Term 3.
• Kate Ryan (Year 9), Harriett Phelps (Year 11) and Emma Smith (Year 11) who were selected in CGSSSA Representative Touch teams. The girls will play at the NSWCCC Championships in Dubbo in June.
• Victoria Morabito (Year 12) was selected in the CGSSSA Football team and will play against NSWCIS and NSWCHS later this month.

• Sam Murphy (Year 12) and Joanna Lynarko (Year 12) who were recently selected in the NSW Acro Gymnastics Team and will compete at the Australian Championships in Melbourne in June.
• Natalia Toh (Year 9) competed in the Year 7-9 NSW All Schools Golf Championships last week. Natalia won the Year 9 division and was placed 6th overall.
• Tully White (Year 11) who was named Most Valuable Player of the Open Women’s Touch Football Competition at Norths. Monte 1 & 2 players have been playing at Norths since the beginning of the year in an effort to improve their skills.

#ITSOK2PLAY - a little effort goes a long way.

Stuart Hanrahan
Sport Program Manager
**Introducing the Basketball Captain**

My name is Bree Delaney and I am Monte’s Basketball Captain for 2015/16. I started my basketball career as a 6 year-old, and with both parents and older sister involved in basketball I didn’t really have a choice. My mum and my inspiration represented Australia and also played in the WNBL for 17 years from 1982 – 1998 when I brought the professional career to an end. Sorry Mum. So as basketball runs in the family, and fortunately I was passed down with the basketball genes, I have been able to achieve highly in this sport.

Having represented the College in Basketball since Year 7, I have gained experience in acknowledging and demonstrating the roles and responsibilities that are required as a participant in Monte sport. Through my other achievements in Basketball outside of the College such as representing NSW in all four of the U16 and U18 Australian National Championships from 2012-2015, representing the NSW All Schools Team in 2015, I have grown as not only a basketball player in developing my skills but also as a leader through captaining two of these teams and always providing assistance and guidance for my teammates. I am looking forward to this coming year and especially the Basketball season. I hope Monte Basketball can continue its awesome success and further develop our players. Let’s go Monte.

_Bree Delaney_  
_Basketball Captain_

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**Introducing the Netball Umpiring Captains**

Hi I am Madeleine Ayre and I will be one of the Monte Umpiring Captains for 2015/2016. I have been involved in Netball Umpiring since I was in Year 7 and I have loved it ever since. I feel that has helped shape my leadership skills along with giving me extra responsibility. During my involvement in Netball Umpiring I have achieved my National C Badge and am now working toward my National B. What I hope to achieve during my time as captain is to get more people involved with Netball Umpiring as well as people who are already involved to gain more skills so that they are able to achieve a higher level whether it would be a Junior Level 3,2,1, Senior Level 3,2,1 or a National C Badge.

_Madeleine Ayre_  
_Netball Umpiring Captain_

My name is Katie O’Sullivan and I am one of the Netball Umpiring Captains for 2016. I have been umpiring since I was 12, but it wasn’t until I started my time at the College in 2014 that I became more serious about my umpiring. In the past two years I have achieved my Junior and Senior Levels and more recently I have been awarded the National C Badge for Umpiring. The College has given me great opportunities to umpire, not only on Saturdays, but also at the CGSSSA carnival and on Monday night competitions.

_Umpiring is a great way to meet people and helps girls develop confidence and authority. Umpiring allows girls to learn and understand Netball at a greater depth and become more involved in the sport. And yes, umpiring is a fantastic opportunity for girls to increase their Community and Service hours._

_Umpires allow a game to be played safely and in accordance to the rules of the game, and are instrumental in the running of any match. I hope that over the coming year more students can be encouraged to put their hand up and give umpiring a go!_

_Katie O’Sullivan_  
_Netball Umpiring Captain_
PARENTS & FRIENDS
I am delighted to announce that three new members joined the P&F Executive this week. Mona Martyn-Smith, Christine Kells and Margot Henville all volunteered to fill vacancies that had arisen since the last Annual General Meeting. It is great that the P&F Executive has a full complement again of committed and high calibre parents. Thank you all.

A number of items on this month’s agenda really go to the heart of the P&F’s mission and priorities and, we think, warrant seeking the views of the parent community more broadly. At the end of the day, the limited financial resources of the P&F come from you, the past and present parents of Monte - so we think it is only appropriate to give all parents an opportunity to have their say on how those resources are used. The number of very worthwhile initiatives we are asked to consider significantly exceeds our resources and so your views on what the P&F’s priorities should be is critical to helping guide the P&F Executive’s decisions.

An email with a link to a short survey will be sent to all parents shortly so please take a couple of minutes to have your say.

Finally, the Blue and Blue Lunch to raise money for the Monte Bursary Program is on again this Friday. It is a wonderful opportunity to catch up with old friends, make some new ones and contribute to the fantastic work done by Monte’s Foundation which provides financial support for families of students who are experiencing financial difficulties due to ill health or other misfortune.

Andrew Rutherford
P&F President

Year 8 Geographical Dinners

This term your Class Parents are organising geographical drinks and dinners, which provide an opportunity to socialise with smaller groups of local Monte families. If you are unable to make the date for your area, you will be welcome to join in another group. For any questions regarding this event please contact Lesley Pugh at pugh-family@bigpond.com.

Andrew Rutherford
P&F President

P&F Parent Forum

Please join the Monte P & F at this informative parent information session discussing the important topic of

“Raising Teens in a Hyper-Sexualized Society”

Katie Kobler from YourChoicez, yourchoicez.com.au, will be facilitating a 60 minute presentation on a number of major challenges teenage girls are facing today, including relationships, dating, sex and online influences.

WHERE: Monte O’Regan ACC
TIME: 6.30pm for refreshments and a start time of 7.00pm

Year 9 Cocktail Night

Where: Drink Better Wine
189 Miller St
North Sydney

When: Saturday 14th May
Time: 7.30 pm – 11pm
Price: $30 per person
(1 glass of bubbles or a beer per person + substantial finger food)

RSVP: By booking before the 7th May on www.trybooking.com/HLKO
MONTE NOTICES
Dear Parents and Carers

Twilight Performance 3:30pm – 5:30pm
Evening Performance 7:00pm – 9:45pm

Ticket sales for House Plays 2016 will be available to all families at Monte as from 9:00am on Monday 9 May. As all Year 7 are expected to participate in House Plays as a way to establish friendships in their Colour Houses, we feel that it is only fit that they be able to pre-book their tickets and have therefore been given priority booking access from Monday 2 May.

Saturday 21 May 2016
Twilight Performance - $8:00
Evening Performance - $10:00

PERFORMERS DO NOT REQUIRE A TICKET
A SEPARATE AREA WILL BE AVAILABLE TO THEM ON THE NIGHT

A maximum of three tickets per family applies due to limited seating and the vast number of performers. Every effort is made to accommodate each performer's family. However, tickets to the evening performance have sold out in the past so get in early to avoid disappointment.

The House Plays Team is using Online Ticket Purchases, which allows parents to choose their seats and buy their tickets to the performances with credit card details. Due to the allocated seating, queuing for the performances will not be necessary. Doors open 20 minutes before each event commences. We request that parents not use the College car park as it is reserved for wet weather arrangements and staff.

You must present with your ticket in hand. Unfortunately, due to the popularity of the event, those without tickets will not be allowed in. Please do not ask to be let in without a ticket as it places the supervising teachers in a difficult position.

TO PURCHASE TICKETS

Ticketing website: http://www.trybooking.com/PDL
You will be able to purchase tickets until 10:00pm on Friday 20 May.

To book, simply visit the website and follow the prompts. You will be asked to select a maximum of three tickets in total to the Twilight and Evening performances. For example, you might purchase 2 x Twilight and 1 x Evening. No more than three tickets will be allocated to each family. Tickets are NOT available at the door.

This is an external online system and therefore a $0:30 booking fee per ticket will apply and no refunds will be given. House Plays performances are always very popular events. It is important to get in early as both performances have sold out in past years.
Music Results

Congratulations to Ana-Maria Barlin who received a High Distinction (A+) for her 2nd Grade AMEB Oboe exam and Elsie Watson Clark who received a Credit (B+) for her 3rd Grade AMEB Oboe exam. Well done girls.

Transport Etiquette

It is common courtesy and in fact, a requirement of students’ transport pass, that they do not remain seated on buses or trains if any adult is standing. They should always stand and offer their seat to the full fare paying members of the public. Over the past two weeks the College has received four separate complaints from the general public about this occurring which certainly gives the wrong impression and public image of all Monte students. Could parents please speak with their daughters in regards to this procedure as a matter of urgency.

Winter Uniform

Please check the length of your daughter’s skirt and do not allow her to roll the tops of this skirt to make it shorter. Fingerless gloves of any kind are not part of the College uniform and College scarves can be purchased from the College Shop. It is essential that your daughter have her College blazer with her each day.

A message from the students in Monte’s Environment Group

Do you have any old mobile phones lying around your home that you don’t know what to do with? For this week and next MEGA (Monte’s Environmental Group for Action) will be running an initiative to collect old mobile phones to be recycled using MobileMuster. All you have to do is collect any old mobile phones you have lying around and give them to your daughter to hand in at the collection points at Monte, at the bottom of the CMP Building. All collected mobile phones will be donated to MobileMuster, a company that recycles mobile phones so that the parts can be reused for purposes such as making stainless steel products and plastic fence posts.

All types of mobile phones and accessories are collected but once you’ve handed in a mobile phone you can’t get it back. Participation is absolutely free as everyone involved is a volunteer.

This is a very worthy cause and a great way to help contribute to preserving our environment. For more information please visit the following website: http://www.mobilemuster.com.au/about-us/faqs/

Monte Study Centre: Term 2, 2016

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<td>MATHS: Ms. Randazzo</td>
<td>RELIGION/SoR : Ms Davis</td>
<td>MATHS : Ms Lawrence (Day 4)</td>
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<td>PDHPE: Ms. Hogg</td>
<td>SCIENCE: Mr. Zitzelsperger (RY201)</td>
<td>SCIENCE: Mrs Lee (RY201)</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.
Year 8 Cocktail Party

Saturday 28 May
7pm

The Firehouse Hotel
86 Walker Street, North Sydney
Please RSVP by Friday 20 May.

Tickets $27.00 per head (includes delicious and substantial cocktail food)
Please pay by **Wednesday 18 May** for this **early bird price**.
Tickets $32 after this date.

To purchase tickets follow the trybooking link below.

https://www.trybooking.com/HORB
Michael Grose looks at the importance of topping up Frequent Father points, and the benefits for both dads and for kids.

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain to the kids (‘Your dad’s very busy but he would love to see you play sport but he can’t make it.’) As well, she’d keep him up-to-date with the children’s lives.

Blokes, it seems, are valuing the time they spend with their kids.

Or at least the dads I mix with are.

Spending time alone with kids is a great way to build confidence in dads. And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling… the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connections with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner’s) Frequent Father points going? If they need some topping up then you can start by doing something together that the kids enjoy. Having a bit of fun together is the best place to start.

Author’s note: Sole mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.