Monte Sant’ Angelo Mercy College  
128 Miller Street  
North Sydney, NSW 2060

Monte Matters  
7 February 2014 - Term 1, Week 2

For more information visit www.monte.nsw.edu.au

Facsimile  
(02) 9956 5925

Absentee Office  
(02) 9409 6210

Business Office  
(02) 9409 6223

Registrar  
(02) 9409 6245

Development Office  
(02) 9409 6240

College Shop  
(02) 9409 6256
Welcome to our new Year 7 cohort, students new to the College in Years 8 – 12, and students returning. We hope all students, families and staff had a restful and enjoyable holiday.

There was much excitement around the College this week, especially from the new Year 7 Monte girls. Their enthusiasm and eagerness to know their school and experience new learnings always infects the rest of the school. We also welcome 27 new students to Years 8 – 11.

All families at the College were sent an information brochure and letter in January outlining our Year 12 HSC and IB Diploma Programme results for 2013. Each student had the opportunity to undertake either the NSW Higher School Certificate (HSC) or the International Baccalaureate Diploma Programme (IB DP). Forty-nine students were awarded the IB Diploma and 131 students successfully completed the HSC. This cohort has been extremely successful and should be congratulated on their outstanding work ethic. The Laureate Assembly took place yesterday, where the school community came together to acknowledge the achievements of the students who attained excellence in their Year 12 studies.

Sixteen students achieved a Premier’s Award for All-Round Achievement in the HSC (10 units at Band 6 and equivalent):

- Elena Anceva
- Alisha Arora
- Clare Atkinson
- Isabel Bailey
- Ariane Demetriou
- Rachel Evans
- Lauren Flint
- Rose Hartley
- Isabel Hoy
- Fenella Kristensen
- Bronte McAlpin
- Stephanie Newman
- Olivia O’Rourke
- Elizabeth Parsons
- Lucy Sharman
- Imogen Stevens
Congratulations to Alexis Moran who achieved a maximum score of 45 in the International Baccalaureate Programme and the Award for the Colleges’ highest ATAR. Katherine Penny achieved First Place in the state for Design and Technology, and Imogen Stevens who achieved 7th Place in Community and Family Studies. Rose Hartley was one of only 10 students out of 4000 candidates to achieve a High Distinction in her Society and Culture Personal Interest Project.

An impressive aspect was the range of excellence achieved across all academic areas, as well as the nominations for special exhibitions in Design and Technology, Drama, Music and Visual Arts.

There are some exceptional results listed in the document and the overall success of the cohort is a great tribute to the dedication of the teachers and the outstanding work ethic of the students. The highlights include: 18 students achieved ATARS in excess of 99, with a further 11 students receiving ATARS of over 98. The number of students who collectively gained an ATAR of over 90 was 47%, an outstanding achievement.

The importance of welcome and hospitality as part of our College tradition is well led by the Parents’ and Friends’ Association. This evening there will be a welcome to new families, with daughters in Years 8 – 11 who have joined the College this year.

There are several key functions across all Year Groups including Information Sessions and Academic and Learning Conferences, over the next few weeks. I urge parents to ensure they have these dates noted. The much-anticipated College Swimming Carnival takes place today with a gold coin donation to raise money for Timor Leste. The orphanage we are raising fund for feeds their children on $1.00 per child per day. We are aiming to raise that to $1.50 – $2.00 per child per day with events that will take place in 2014. Your support is greatly appreciated.

On Monday evening two Monte students were presented with a NSW Combined Catholic Colleges ‘Blue’ Award for their exceptional sporting performances in 2013. Alex Delaney (Year 12, 2013) was presented with a ‘Blue’ in the sport of Basketball after two stellar years in the NSW All Schools Team, which culminated in her earning Player of the Tournament at the 2013 School Sport Australia Championships in Perth. Bernadette Flannery (Year 11, 2013) lines up for her second Swimming ‘Blue’ award in as many years. To receive one ‘Blue’ award is a tremendous achievement to receive it twice is quite remarkable. As such the Award is promoted to a ‘Bar’ Award when it is presented to an athlete in subsequent years. Alex joins Bernadette as only the 5th Monte recipient of a ‘Blue’ award in its 17-year history. Bernadette, however, becomes our first ever ‘Bar’ Award winner. Mr Hanrahan and I attended the Awards Ceremony where Alex Delaney was chosen to lead the athletes into the Ceremony carrying the Australian flag.

Finally, I wish every member of the College community a happy and fulfilling year.

Nicole Christensen
Acting Principal
The start of the year is a very busy time at Monte. Let me take this opportunity to welcome all of our new Year 7 students and parents and also those new students in Years 8-11 who have chosen to continue their education at Monte. I am sure that our community will be a place in which those students can thrive and embrace a love for learning. For all students, new timetables, new classes, sometimes new teachers and always new work means that each student has the opportunity to set their compass for the year and “start as they mean to go”. That means organising their time, including their busy social lives, around a study plan which is achievable and realistic. Each student should use those parts of their planners which provide a structure for such a study plan.

Thanks to Ms O’Sullivan and the Year 7 team for a wonderful Orientation Day last Tuesday, which gave the Year 7 girls a day at the school away from the hustle and bustle of the other year groups. All girls were walking around with eyes wide open when they took in their new surroundings and met other girls for the first time.

Of course, as most of you would be aware, we are continuing with our building project of the Arts and Cultural Common, which is starting to dominate the landscape in the 40-Acres area in the north east corner of the campus. The building is coming together well at this stage, as we plan for full use commencing in 2015. Due to the building, the restrictions on College Entry via Miller St continues and we would ask all students and parents who come on the campus to enter via McLaren or Berry St and if they are visitors, please go straight to Reception. With the large amount of building being undertaken, both on our site and in our neighbourhood, students need to be very careful when walking to and from school and must only cross roads where traffic lights are provided.

In closing, thank you to all students for their successful and smooth start to the year and I wish them all well for the remainder of 2014.

Joe Galletta
Deputy Principal Administration
The Monte Library never closes. Sure we lock our doors at night, but that doesn’t mean our students are locked out. Forgot to borrow a book at lunchtime? Not a problem. Need to use the library resources on the weekend to do some research on ancient Egypt? You can do that too.

Our Collections are growing, but they don’t take up any additional shelf space, and when you borrow these books they don’t add more weight to our students’ school bags. These are Digital Collections and they are accessible to Monte students 365 days of the year through the Monte Library website at http://monte.libguides.com.

The Monte Library has several Digital Collections: fiction e-books, fiction audiobooks, and non-fiction research tools. All are accessible on laptops, smartphones and tablets.

The most recent addition to our Digital Library Collection is audiobooks. Students can download the Borrowbox app on their phone or tablet and choose from dozens of titles at Monte including best sellers such as The Book Thief and Mao’s Last Dancer.

Audiobooks are the ultimate in portable literature. Studies have shown that audiobooks have the potential to expose the listener to vocabulary beyond their own reading level, and to aid in the understanding of a text through the professional reader’s use of expression and emphasis. Our students have downloaded titles from this collection 130 times since September last year. Interestingly, one third of those downloads occurred during the Christmas holidays when school was closed. I wonder how many of those were enjoyed on a beach somewhere?

Our Fiction e-book Collection continues to expand, and we are currently sourcing content from a number of different providers as publishers come on board with school libraries. The beauty of e-books is that they are for everyone: keen readers can carry a virtual library in their pockets; reluctant readers might find their inner literature-lover by connecting first with the technology and then being swept up in a story that they can’t put down.

Of course, hard-copy fiction is still hugely popular with our students, and we believe confidently that any reports of the impending death of the printed book have been greatly exaggerated. Many students tell us that curling up with a good iPad is just not the same as curling up with a good book. Either way, the Monte Library is platform agnostic: whether paper or PDF, digital or dog-eared, we just want to put books and stories, in the hands of our students.

Reading transports us. It fuels our imagination. Author Neil Gaiman says that reading fiction builds empathy, as we look at the world through the eyes of someone else. In our world where borders are increasingly just lines on a map, we want to nurture in our students the desire to walk a mile in someone else’s shoes.

So no matter what time you are reading this, or what day of the week it is, the Monte Library is open for business. Come in and browse someone else’s story.
Australia Day Honour - Young Citizen of the Year

Ella Butler, Year 12 was awarded Young Citizen of the Year by North Sydney Council at their Award Ceremony held on Australia Day.

Ella was acknowledged for her work within Indigenous communities. She spent a week working with the Mutitjulu Aboriginal community in the Northern Territory and hosted visitors from the community during NAIDOC Week. She was also involved in filming a documentary called *Through Indigenous Eyes* and volunteered with Vinnies Van.

Ella talks about the documentary:

As part of the International Baccalaureate Diploma program for the Creativity, Action and Service (CAS), Chiara Anselmi, Maddie Mytowski and myself have designed a project to investigate Indigenous culture.

In brief, our project is a documentary named *Through Indigenous Eyes* which investigates Indigenous cultures in Australia, embracing how culture is passed on, maintained and strategies for protecting culture.

This is being investigated through interviewing Indigenous people about their culture and experiences and their words and opinions will eventually be the core of our documentary.

How to maintain culture and encouraging younger generations is an important focus of this project. Our goal is to screen the film at Monte, North Sydney Council, other local Colleges and even government organisations.

So far, the group has interviewed a group of young Indigenous male students, an Academic Support teacher for Indigenous students and Yuin Elder, Uncle Max Harrison. From these interviews, very interesting perspectives and thoughts have been shared and we can not wait to present it to the rest of the community so they can learn as much as we have from the project. We hope the film will be completed mid-year. Monte Matters will have more information on screenings at a later date.

*By Ella Butler, Year 12*
ANZAC DAY 2014
CollegeNews

Every year, the College conducts an ANZAC ceremony on the first Thursday back in Term 2. Carrying on from the theme of 2013 of the “individual” we are asking both students and staff to help in the Ceremony by providing a copy of a photo of a family member who has served in the Australian forces in any capacity. The size should be no larger than 8x10 cm. Part way through the Ceremony, those holding photos will be asked to come forward and place the photos on boards around the assembly.

David McKinlay
History Teacher / Project Leader

IMPORTANT YEAR 10 DATES FROM THE HECS OFFICE

Monday 24 March 2014:
Careers Testing Day

Friday 23 – Friday 30 May 2014:
Careers Testing Follow-Up Interviews

Friday 6 June 2014:
Work Experience Placement Notification Forms and Parent Acknowledgement Forms due in

Friday 15 August 2014:
Work Experience Host Employer Consent Forms due in

Monday 17–Wednesday 19 November 2014:
Work Experience

Thursday 20 – Friday 21 November 2014:
Portfolio Program

Parents have been written to about all of these activities and should have received these letters this week.

Sally O’Keeffe
E. sokeefe@monte.nsw.edu.au
YEARS 8 & 9 PARENTS & STUDENTS
STUDY SKILLS EVENING

All Year 8 students and parents
Tuesday 11 February
McQuoin Centre
6.30pm - 8.00pm

Parents and Year 8 students are to attend a Study Skills evening this Tuesday evening 11 February from 6:30pm – 8.00pm, in the McQuoin Centre.

This evening is run by Prue Salter and will target time-management and organisational skills for Year 8 students.

NOTE: Students must bring their SCHOOL PLANNER and a PEN.

FROM THE COLLEGE SHOP
College News

Welcome back to a new year. Our new Year 7 girls seem to have settled in well and are enjoying the experience of ‘shopping’ at the College Shop. Just a few reminders for students when coming to the College Shop:

Any questions regarding uniform, hair or appearance are answered in the front of the student planner. All students have been issued with these, so grab your daughter’s and catch up on all of that information.

Students new to the College will be provided with an ID fairly soon, these IDs will need to shown at the shop to purchase items using credit card accounts. All students need to bring their ID to the shop when purchasing using credit card accounts.

The length of uniforms still seems to be an issue, all uniforms whether middle school or senior are to be worn at the knee.

Margaret Eade, College Shop Manager
9409 6256 meade@monte.nsw.edu.au

YEARS 8 & 9 PARENTS
GLOBAL CITIZENSHIP TOUR TO THAILAND
INFORMATION EVENING

An information evening for parents of Years 8 and 9 students interested in attending the 2014 Global Citizenship tour to Chiang Mai in Thailand is to be held this Tuesday 11 February from 5.30pm – 6.15pm in RY102 (this is before the Year 8 Study Skills evening).

Any student interested in participating in this tour should attend with their parents.

The tour will be held in the first week of the October holidays 20 September – 28 September, 2014.
FROM THE PERFORMING ARTS DEPARTMENT

College News

HAIRSPRAY
The show dates for the Hairspray Musical are fast approaching and we need your help! There are many items that need to be constructed and then painted for the show to have that ‘WOW’ factor. Some parents and friends have already offered assistance for which we are grateful.

Below is a list of days and times Adrian Johnston, Head of Technology and Applied Studies, will be onsite working on the set. A number of Monte staff will be assisting, and we do realise that parents may not be able to come at some of the following times:

**Saturday 8 February** – 9.30am to 4.00pm
**Week 3: Wednesday 12 and Thursday 13 February** – After school from 3.30pm to 7.00pm
**Saturday 15 and Sunday 16 February** – 9.30am to 4.00pm
**Week 4: Wednesday 19, Thursday 20 Friday 21 February** – After School 3.30pm to 7.00pm (this will include supervising students painting)
**Saturday 22 and Sunday 23 February** – 9.30am to 4.00pm
**Week 5: Thursday 27 and Friday 28 February** – After School 3.30pm to 7.00pm (this will include supervising students painting)

If you are able to help Adrian, please email him on ajohnston@monte.nsw.edu.au.

In the meantime, the costume making is proceeding, and thank you to all the parents and friends who are assisting with this.

Sarah Thompson
Head of Performing Arts

MUSIC
Welcome to Monte Music 2014! Many Ensemble rehearsals commenced this week, but there are still some places for interested performers, particularly in Junior and Senior Choirs, Concert Band and the Orchestra. Please refer to the Music Ensembles Timetable attached for times and locations of rehearsals. All girls in Enrichment or Elective Music classes must perform in an Ensemble, and all girls who take individual music lessons are required to do so, to extend their music capabilities. Any girls who do not take Music at Monte are very welcome to join Ensembles, of course. Girls should complete the top half of the BLUE Ensemble form and take it to their first rehearsal for the Ensemble Director to sign. Parents then need to complete the bottom half of the form and return it to the Performing Arts Department.

FALL OF SINGAPORE CHOIR
A group of girls from our Choir will perform at The Fall of Singapore Memorial Service at Martin Place on 15 February from 9.30am to 12.15pm. A rehearsal will be held on Thursday evening on 13 February from 5.30pm to 7.30pm at Monte. There is a permission note for this special performance and girls are asked to return their forms as soon as possible.

PRIVATE MUSIC TUITION – MUSIC ACADEMY
There are still vacancies for individual lessons in voice and many instruments. Girls should collect a PINK form from the Music Corridor and return the signed form to the Collection Boxes in the corridor or to the Performing Arts Staff Room. Parents should also read the Performing Arts Co-Curricular Music and Drama Information booklet for terms and conditions. Copies are given to students in their first lesson and extras are available from the Corridor. The names of our wonderful tutors are listed on the Music Tutors table below.

The Music Tutors of the Monte Music Academy include ...

<table>
<thead>
<tr>
<th>Instrument</th>
<th>Tutor</th>
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<tr>
<td>‘Cello</td>
<td>Miss Eleanor Betts</td>
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<tr>
<td>Double Bass &amp; Bass Guitar</td>
<td>Ms Ann Palumbo</td>
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<tr>
<td>Clarinet &amp; Bass Clarinet</td>
<td>Mr Ian Sykes</td>
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<tr>
<td>Flute</td>
<td>Ms Tina Marsden Mr Philip Murray</td>
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<tr>
<td>Saxophone</td>
<td>Ms Loretta Palmeiro</td>
</tr>
<tr>
<td>Oboe, Bassoon, Flute &amp; Musicianship</td>
<td>Ms Shona Curtis</td>
</tr>
<tr>
<td>Trumpet &amp; Lower Brass</td>
<td>Ms Catherine Walmsley</td>
</tr>
<tr>
<td>French Horn</td>
<td>Mr Michael Wray</td>
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<tr>
<td>Composition</td>
<td>Dr Damian Barbeler</td>
</tr>
<tr>
<td>Piano, Musicianship &amp; Theory</td>
<td>Mr Leonard Metcalf Miss Angela Tsai Miss Katy Tsai</td>
</tr>
<tr>
<td>Voice - Classical, Popular, Music Theatre &amp; Jazz</td>
<td>Ms Michaele Archer Ms Samantha Ellis Mr Craig Everingham Mrs Anna Manchester Mrs Sarah Webster</td>
</tr>
<tr>
<td>Guitar – Classical, Rock, Popular &amp; Jazz</td>
<td>Mr Greg Arnold Mr Duncan Ford</td>
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<tr>
<td>Drums &amp; Percussion</td>
<td>Mr Jamie Castrisos</td>
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</tbody>
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COLLEGE ORCHESTRA
Mr Nicholas Tester has taken the opportunity to work full-time in another position. We are currently seeking a new Orchestral Director. Orchestra will commence next week and rehearsal times will be advertised in the ACTA.

WIND ENSEMBLE AND STAGE BAND WORKSHOPS
The Stage Band is having a workshop on Friday afternoon 14 February from 3.30pm to 5.30pm at Monte. The Wind Ensemble will be holding their workshop on Saturday 15 February from 3.30pm to 5.30pm. Permission notes are now available for both these events and students should return their signed forms ASAP please.

Maryanne Coyle
Acting Head of Music Performance (Semester 1, 2014)
MONTE SANT’ ANGELO
STAGE BAND SOIREE

Thursday
February 20, 2014

GENERALATE COURTYARD
at Monte.
Concert commences 6.30 pm

Bring a blanket and a
supper basket to enjoy the
swinging sounds of
Monte’s Stage Band
Welcome back to continuing students and welcome to the College for those of you who are beginning this year.

Sports Department Staff
I would like to welcome back from long service leave Mrs Liz Morgan. Mrs Morgan will be working in a Sports Administrative role this year three days per week. She will be managing Dance, Aerobics and Hockey. Her email remains as lmorgan@monte.nsw.edu.au and her direct number is 9409 6421.

I would also like welcome the following new staff members who join us in 2014.

Libby Pruyn joins us as Netball Co-ordinator. Libby completed a Bachelor of Human Movement Studies in 2008 at the University of Technology, Sydney. She went on to gain First Class Honours in 2009 for her thesis entitled “The role of leg stiffness in lower body injuries of professional AFL players”. Libby is now nearing completion of a PhD in Sports Science for which she is preparing a doctoral thesis entitled “Muscle stiffness in females: measurement considerations and relationship with physical performance and injury risk in Netball. During her candidature, Libby has been published in academic journals including Journal of Sport Sciences and Journal of Strength and Conditioning Research.

In the sporting arena, Libby competed at NSW State level for Athletics and has also played representative Netball for 15 years. She has also coached a number of representative Netball teams, and travelled as a team manager with NSW All Schools for Cross Country and Athletics. Currently, Libby competes in Division 3 of the NSW State League Netball competition.

Libby can be reached at epruyn@monte.nsw.edu.au or on 9409 6423.

Danielle Bower joins us in the role Coach and Sports Administrator. Danielle will be coaching Waterpolo and Netball and will assist in the office in an administrative capacity. Danielle completed a Bachelor of Exercise and Sports Science and Nutrition from Sydney University in 2011. She went on to complete a Bachelor of Education (Secondary) from Charles Sturt University in 2013.

Danielle was a member of the Australian Women’s Waterpolo Team between 2005 and 2010. She also coaches Waterpolo at the NSW Institute of Sport and has previously coached the NSW Women’s 20 and under team to two National Championships. Currently, Danielle still competes as a member of the Balmain Women’s National League Waterpolo Team.

Danielle has also played representative Netball for the past 15 years and is currently playing Division 2 in the NSW State League Netball Competition. Danielle can be reached at dbower@monte.nsw.edu.au or on 9409 6423.

We also have several ex-students continuing work in 2014 – Annie McAlister, Georgia Thurecht and Katie Barton. Tania Dorahy also continues in her role as Head Coach of Netball.

Sports Fixtures Newsletter
Each Friday when you receive your link to Monte Matters you will notice a second link that is to our weekly Sports Fixtures Newsletter. On it you will find the draws for all Monte teams for the weekend and week to follow.

Training Attendance
As a condition of playing sport at Monte students agree that they will attend ALL training sessions. The ONLY reason you would not attend training is if you are absent from school because you are sick or injured. If you happen to be sick or injured you MUST notify your coach prior to training. Any student who has an unexplained absence from training or who is absent from training on a day when she is at school will be issued with a notification.

Training is an extremely important aspect of team sports. When students are away from training it can cause major disruptions to the session and makes the coaches job more difficult. It is also unfair on the students who do attend regularly. We ask that parents DO NOT make arrangements
or appointments during training time.

**Sports Policy Handbook**
The Sports Policy Handbook is available for you to peruse at your leisure in the policies section of the College website. It has detailed information about all of the sports we undertake as well as College rules and representative pathway information. The training requirements I have previously mentioned are in this document and are also clearly set out on the permission note for each sport.

**Selection Policy**
The College Selection Policy is also available on the College website. It details your daughter’s rights and responsibilities when it comes to team selections for all of the various sports. Grading and team selection trials are a necessary requirement of the Sports Program. We must arrange our teams by ability level to ensure that are given the best chance of playing against opposition of similar capacity. We will always do our utmost to ensure that all students who wish to play club sports for Monte will be accommodated in a team. When selecting representative teams we are looking to field the strongest team possible.

**Uniform Expectations**
Students who choose to play sports at the College do so with the understanding that they are to wear the correct uniform for that particular sport. This also includes travel to and from the sport where the girls are expected to be in College sports uniform which may include the College tracksuit. Notifications will be issued to students who do not wear the correct uniform to training and games.

**Arrival at Games**
It is essential that players are thoroughly warmed up prior to competing in sport. As such it is a requirement that ALL students arrive at their game 30 minutes prior to the start time. Latecomers will be issued with notifications.

**Swimming Carnival**
By the time you read this newsletter the College ‘House Swimming Carnival’ will have been swum and won. The Carnival is a half day and is compulsory for all students to attend. A detailed information note was distributed in Tutor classes this week. I look forward to reporting the results next week.

**Netball**
Netball grading has already begun this week. Please use the Netball mini-calendar (which is located on the Monte website for your convenience) to confirm the trial dates and times for your age group. Students are expected to attend EVERY trial date for their age group and permission notes MUST be returned prior to being allowed to trial. All students will be put into a team if they trial at Monte.

Netball Coaches and Managers – we envisage having around 50 Netball teams this year and as such need 50 parent managers and are interested to talk to any experienced or qualified coaches. Please contact Ms Pruyn on 9409 6423.

**Tennis**
Tennis begins tomorrow with Monte fielding 25 teams in the IGSSA competition. That is over 120 girl splaying tennis – a far cry from the 12 who played in this competition when I began here in 2008. Teams lists and draws have been distributed. We wish all of the girls good luck, especially the 35 Year 7 students who are representing Monte for the first time.

**Touch Football**
Touch Football began in a flurry last Saturday with many teams having to take the field without even having had a training session. I am extremely pleased to report that we have over 70 Year 7 students comprising seven teams for a total of 23 Touch Football teams in 2014. This is by far the highest number of students that we have ever had playing Touch Football.

There are 18 teams playing in the Easts Competition on Saturday mornings. We have sent an email but I would like to remind all Saturday teams that they will be having their team photo taken this Saturday 8 February and a specific schedule was included in the email.

**Basketball**
Basketball grading dates and times will be finalised in the coming week.

**Tae Kwon Do**
Tae Kwon Do begins on Monday and all of the information regarding it is located on Monte Connect. Students MUST register and return the permission note to the sports office prior to being allowed to participate.

**Congratulations**
• To Dana Tavener who won the 420 Class at the Australian Youth Yachting Championships. Dana has qualified to attend the World Championships in Germany later this year.

I look forward to meeting and speaking with many of you throughout the course of 2014. If you see me please don’t hesitate to introduce yourself and say ‘hello’. 

“The struggle you’re in today is developing the strength you need for tomorrow. Don’t give up.” -- Robert Tew

Stuart Hanrahan
Sport Program Manager
Duke of Edinburgh Award 2014

For all new Award participants, there is a student information session being held on **Tuesday 18 February at LUNCHTIME in RY102.** There will be a further **Parent Information Evening the following Tuesday 25 February, 6:30pm in RY102.** If your daughter is new to Duke of Ed in 2014 you are welcome to come along to find out requirements, how you can assist, as well as how she can benefit by completing the Duke of Edinburgh Award. Interested Year 9 girls will be given a yellow registration form at their information session. They will also be available for collection form the sports office throughout the week. Please have your daughter return these by **Friday 28 February** if she would like to participate. Further info is also available at www.dukeofed.com.au.

*S*ù*rt Hanrahan  
*Duke of Edinburgh Award Co-ordinator*

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**MONTE DUKE OF EDINBURGH AWARD PROGRAM**

**Important Dates for 2014**

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<tr>
<th>BRONZE</th>
<th>SILVER</th>
<th>GOLD</th>
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<tr>
<td><strong>Parent Information Evening</strong></td>
<td><strong>Silver Practice Expedition</strong></td>
<td><strong>Gold Practice Expedition</strong></td>
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<td>Tues 25 Feb - 6:30pm</td>
<td>Mon 14 – Wed 16 April</td>
<td>Mon 14 April – Thurs 17 April</td>
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<td>Monte, RY102 Theatre</td>
<td>Canoe &amp; Hiking</td>
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<td><strong>Bronze Training Day</strong></td>
<td><strong>Silver Qualifying Expedition</strong></td>
<td><strong>Gold Qualifying Expedition</strong></td>
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<td>Sun 16 March</td>
<td>Mon 22 – Wed 24 September</td>
<td>Mon 22 – Thur 25 Sept</td>
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<td><strong>OR</strong></td>
<td>Canoe &amp; Hiking</td>
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<td>Sun 6 April</td>
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<td><strong>Venue: Monte</strong></td>
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<tr>
<td><strong>Bronze Practice Weekend 1:</strong></td>
<td><strong>Silver Qualifying Expedition</strong></td>
<td><strong>Gold Qualifying Expedition</strong></td>
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<td>Sun 8 + Mon 9 June</td>
<td>Mon 22 – Wed 24 September</td>
<td>Mon 22 – Thur 25 Sept</td>
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<td><strong>OR</strong></td>
<td>Canoe &amp; Hiking</td>
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<td><strong>Bronze Practice Weekend 2:</strong></td>
<td><strong>Silver Qualifying Expedition</strong></td>
<td><strong>Gold Qualifying Expedition</strong></td>
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<td>Sat 21 + Sun 22 June</td>
<td>Mon 22 – Wed 24 September</td>
<td>Mon 22 – Thur 25 Sept</td>
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<td><strong>Silver Qualifying Expedition</strong></td>
<td><strong>Gold Qualifying Expedition</strong></td>
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<td>Sat 4 + Sun 5 October</td>
<td>Mon 22 – Wed 24 September</td>
<td>Mon 22 – Thur 25 Sept</td>
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Making a smooth start to secondary school

Getting used to new subjects and new teachers, as well as forming new friendships are just some of the requirements of this period.

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it’s accompanied by the potentially unsettling transition from childhood to adolescence. It’s no coincidence that many research projects indicate that children’s learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the Four P’s to help your young person settle in:

1. Promote friendships: The quicker kids form new friendships the sooner they’ll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. Practice patience: Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. Pursue a positive attitude: Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

4. Process their day: Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off in primary school. Listen without judgment and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools, one aspect is the same – outcomes for students are maximised when schools and parents work together in the best interests of the student.

One way to support your young person’s school is by actively promoting the school’s values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk up your young person’s new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!

Welcome back to the 2014 school year, we hope all families and students are settling back into a routine, have sorted out the transport to school, and parents have worked out the system of retrieving lost property for items left on buses!

On behalf of the Monte Community we welcome all Year 7 families and all new families that have joined the College in Years 8 to 11. The P&F is hosting Welcome Drinks this Friday night 7 February for all new families in Years 8 to 12. We look forward to meeting those who can attend and we thank Nicky and Fraser Upfold and family for generously hosting the drinks in their home.

One of the exciting but sometimes difficult tasks for students is selecting how many and which of the many co-curricular activities Monte has on offer they will choose to undertake. It may be a worthwhile exercise for parents to go through the activities available, both sport and non-sport activities, to assist your daughter in finding her interests or trying something new, and to determine how it will fit into her weekly timetable.

The Monte P&F is very active in organising a range of social activities to promote interaction and friendships in the Monte community. By now all families should have received a Welcome Pack from the P&F with the 2014 Monte College Calendar, with dates for all key social events. If you haven’t received your Welcome Pack in the post, please email Anna Willis (email address is found at the bottom of this column).

The key social activities are supplemented with smaller class or tutor room functions, your P&F Year Co-ordinator will be in touch with you shortly. We encourage all parents to attend these functions as they provide a valuable connection to Monte.

Now onto what’s happening this term ...

Just a reminder that there are a number of events such as the Commencement Mass on 20 February 2014 that parents are welcome to attend, and there are year-specific events, for example the Year 8 Mothers’ Day Liturgy (this event is only ever held for Year 8 mums), make sure you look out for them in the calendar or you could miss out. Your Class Parents will also send out reminders via email as well.

Coming up this term, there are a number of major P&F events including:

• Welcome Drinks for all Parents on Saturday 1 March at 7.00pm. This event is subsidised by the P&F, with the aim of encouraging as many parents as possible to attend, to welcome in the 2014 school year. Please come, even for a short period of time. There will be Year Co-ordinators or Class Parents to greet you and there will be a designated area for each year group. Come along, buy your tickets NOW at: http://www.trybooking.com/EDIF  Any questions please email Cheryl Newtown at b.c.p@bigpond.com

• Father & Daughter Movie Night on Friday night 21 March. It will be an open-air cinema style set-up on the lower netball court, with a mystery film and BYO chair, picnic rugs/cushions and drinks (while we don’t want to spoil the surprise we will choose a movie that will appeal to all students in Years 7-12 as well as Dads). We will be emailing the link for the Trybooking site in the next week or so along with further information about the night.

Finally, on another note, we are concerned about the recent publicity advising that a large percentage of students do not eat breakfast, and the effect that this has on learning and concentration. So we encourage parents to ensure there is plenty of quick nutritious food that will appeal to your daughter in the mornings.

Lauren Heath
e: toheaths@bigpond.net.au

Anna Willis
e: anastasia.willis@gmail.com

MSAMC P&F Presidents
IMPORTANT DATES

New Parents (Years 8-12) Welcome Drinks
Friday 7 February 7.30pm

Year 7 Mass & Welcome Dinner
Sunday 16 February 4.00pm

Commencement Mass
Friday 20 February 12.00pm McQuion

P&F Welcome Drinks
Saturday 1 March 7.00pm

P&F General Meeting & HSC/IB Results Forum
Tuesday 11 March 7.30pm

Father & Daughter Movie Night
Friday 21 March 6.30pm

College Open Day
Sunday 30 March 9.30am – 1.30pm

YEAR GROUP MORNING TEAS

Year 11 Parents’ Morning Tea
Friday 14 February 10.00am

Year 12 Parents’ Morning Tea
Wednesday 19 February 10.00am

Year 10 Parents’ Morning Tea
Wednesday 26 February 10.00am

Year 9 Parents’ Morning Tea
Friday 28 February 10.00am

Year 7 Parents’ Morning Tea
Friday 14 March 10.00am

Year 8 Parents’ Morning Tea
Wednesday 19 March

Welcome to the Canteen for 2014

The 2014 Canteen Rosters were emailed to our volunteers last week.

Please note change of times for Canteen Volunteers is 8.30am to 11.30am.

If your availability for the year has changed or you didn’t receive an email and would like to volunteer for the Canteen Roster please call Robyn Cornforth, Canteen Manager on 9409-6259.

We look forward to working with you in 2014.

Robyn Cornforth
Canteen Manager

CANTEEN ROSTER (8.30am start)

<table>
<thead>
<tr>
<th>Date</th>
<th>Roster</th>
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<tbody>
<tr>
<td>10 Feb Mon</td>
<td>Catherine Hnidec, Emma Martin</td>
</tr>
<tr>
<td>11 Feb Tue</td>
<td>Connie Mellos, Toni O’Connor</td>
</tr>
<tr>
<td>12 Feb Wed</td>
<td>Tania Taylor, Kerry Rienecker</td>
</tr>
<tr>
<td>13 Feb Thu</td>
<td>Diana De Lorenzo, Cathy Crinti</td>
</tr>
<tr>
<td>14 Feb Fri</td>
<td>Hannah Fong, Rachel Eagelton</td>
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Unfortunately due to the construction work on the campus there will be no parking available for volunteers in the Loading Dock this year.
Friday, 14th February 2014
At 10:00 am

Held in the Generalate Courtyard at Monte
(note Miller St front entrance is still closed due to construction)

RSVP to Jill Polley by Monday, 10th Feb
Email jill.polley@bigpond.com or 0417494078
YEAR 12
PARENT MORNING TEA

on
Wednesday, 19th February, 2014
at
10.00am
Held in the Generalate Courtyard

Please bring a small plate of
food (sweet or savoury) to share

We hope you are able to come along

Please RSVP before 12th February
to the Year 12 Parent Co-ordinators

Adriana Bowyer – albowyer@bigpond.com
Jean Shatek – tracyandjean@bigpond.com
Jane Southward – janesouthward@hotmail.com
Welcome to Monte Canteen for 2014

Canteen Staff

Monday to Friday - Robyn (Canteen Manager)
Monday & Tuesday - Welcome to Jennifer
Wednesday/Thursday/Friday - Leanne

and of course our wonderful team of Volunteer mums.

2014 continues as a Self-Service Canteen, this has been a great success to date with quicker service and shorter queues.

Keep your eyes on the Specials Board outside the Canteen, this changes daily and the listed Special is available on that day only.

For Occupational Health and Safety reasons we ask that students do not enter the canteen eating and drinking other food items.

Due to the limited space in the Canteen, we are also asking students to leave their personal items outside e.g. backpacks, drink bottles and lunch boxes.

Please remember to have your cash ready before you get to the Register, this helps the queue move quickly.

NEW - Come and try our Yummy ‘Canteen made’ muffins, made fresh daily - Chocolate, Raspberry & Coconut and Blueberry.

We hope you enjoy your 2014 Canteen experience and look forward to seeing your smiling faces.

Keep reading Monte Matters throughout the year for Canteen updates and the weekly Roster. The Roster for 2014 was emailed to volunteers in January.
**CAREER NOTICES**

**FASHION MASTERS INFORMATION EVENING**

**Tuesday 11 February 2014**
4.30pm – 6.30pm
Level 3, 91 York Street Sydney 2000.

RSVP nzeman@holmes.edu.au www.fashionmasters.com.au

**DEFENCE FORCE RECRUITING**

**ARMY PILOT FACEBOOK CHAT**

**Thursday 13 February 2014**
6.30pm – 8.00pm

Talk directly to the men and women who fly Australia’s most advanced helicopters.

For more information please see the below link:
https://www.facebook.com/events/265479976944443

**LOWER NORTH SHORE CAREERS EXPO**

**Tuesday 8 April 2014**
4.00pm – 6.30pm
Shore School Gym, Blue Street North Sydney (enter via main gate)

For students in Years 10, 11 and 12 and their parents.

Monte students must wear full school uniform (not sports uniform)

A BBQ will be available.

**IMPORTANT DATES FOR 2014**

**August**
Saturday 30 August 2014:
UTS Open Day (City Campus)

**September**
Saturday 6 September 2014:
UTS Open Day (Kuring-gai campus)

**FROM THE HIGHER EDUCATION AND CAREERS OFFICE**

*Students in the Senior School receive email updates from the HECs Office via the News Forum on Careers on Monte Connect and it is each student's responsibility to read and manage these emails according to her individual needs. The College will not accept responsibility for a student's lack of awareness of an event, program or opportunity due to a failure to read or act on an email sent to her student email account. Any student not wishing to receive emails from the HECs Office must supply a letter co-signed by a parent/guardian to Ms O'Keeffe and this will be arranged. Any student who finds she is not receiving emails should make sure she is enrolled in Careers on Monte Connect or report to the iAssist Office.*

*Sally O'Keeffe*
*E. sokeeffe@monte.nsw.edu.au*
Youth Mentor Training

Raise Foundation, in conjunction with the Northern Sydney Institute of TAFE, secondary schools and community organisations, is conducting a training course in mentoring young people in the community. Raise improves the lives of young people facing profound challenges through our Ismo program in high schools, Bump program for young mums, and Connections program at TAFE.

This mentor training course will be conducted at various TAFE Colleges and locations, one day per week for four weeks, as per the list below. Practical sessions linking mentors to young people will follow on various days at TAFE, high schools and community locations for the remainder of the 2014 school year, across the Sydney, Melbourne and Brisbane metropolitan areas.

You might be retired, retrenched, parenting at home, studying, working part-time, or an interested community volunteer of any age – other mentors are between 25 and 82! You don’t have to be a teacher or an expert to be a mentor. You need to be a good listener and able to act as a sounding board for ideas and aspirations. Your skills and life experiences can make a real difference to a young person in your local community. You need a few hours a week, a positive outlook and a genuinely compassionate interest in young people.

Interested?

Training commences:

**Monday 24 February 2014, 10am until 2pm, for four Mondays**
Northern Beaches TAFE College, 154 Old Pittwater Rd, Brookvale

**OR**

**Tuesday 25 February 2014, 5.30pm until 8.30pm, for four Tuesdays**
Crows Nest TAFE College, West St, Crows Nest

**AND**

Various other Community Locations on Various Days
including Randwick, Ryde, Parramatta, Melbourne, Brisbane

email  info@raise.org.au    phone  0426-9-RAISE    visit  www.raise.org.au
Parenting Programs
Child & Adolescent Parenting

WHAT’S ON IN TERM 1 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
* Understanding teenagers today & communication skills
* Emotional intelligence skills
* How to prevent behaviour problems & conflict resolution
  Chatswood 5 wks/2.5hrs  (5/3 - 2/4, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop
* Learn how to restore a respectful & positive relationship with your teenager
* Understand what it is like being a teenager today
* Learn how to talk so that they listen & how to listen so that they talk to you
  Chatswood (26/2, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (25/2 - 25/3)

Triple P (Positive Parenting Program) Course - Chatswood (17/2 - 31/3)

NEW

Communicating with Kids Workshop (based on PET) - Chatswood (1/4)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

* Dealing with Teen’s Back Chat
* Transition to High School
* Triple P Seminar Series (Teens)

* Resilient Kids
* Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/Toilet Training
* Speech & Language Development/Sleep
* Triple P (PFP) Seminar Series (1-12 years)

* Older Sibling - New Baby
* Transition to School
* Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

Health
Northern Sydney
Local Health District