Remembrance Day
11th November

175th anniversary of the death of Catherine McAuley

MONTE MATTERS
11 NOVEMBER 2016 / TERM 4 WEEK 5
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Dear Parents and Friends of Monte,

Over the last year our senior girls have demonstrated rigorous academic commitment in preparation for and the sitting of their end of year examinations. As I write this, 133 of our senior girls have just completed their final HSC examinations and 62 senior girls are currently sitting their IB DP final examinations.

Our Year 10 students are also sitting their inaugural on-screen MYP examinations this week. The MYP eAssessment is a reliable, globally consistent assessment model that provides the College with an opportunity for international benchmarking.

In a few weeks conversations will soon turn to HSC and IB DP results and Schools Leagues Tables. Many parents may not be aware, the annual School Leagues Tables calculated by the media and released before Christmas by the Sydney Morning Herald do not accurately represent many schools in NSW, like Monte. The fundamental reason for this is that the IB DP results are not included in the media’s tallies as they are not available until January.

Why does Monte offer the IB DP, in addition to the NSW Board of Studies HSC for students in Years 11 and 12?

We believe it is empowering for our girls to have a choice of academic pathways in their senior years. Choosing between the HSC or IB DP can be based on individual learning styles and subject preference. Both the HSC and IB programmes align with our core Mercy values and are grounded in community service and justice. Both programmes focus on innovative teaching and learning, within a national and international framework.

Understanding Monte’s unique curriculum for Year 7 to 10?

For our year 7 to 10 students we have chosen to deliver the NSW Board of Studies through the framework of the Middle Years Programme of the International Baccalaureate. Students at this stage of mid-adolescence require challenge, stimulation and increasing independence matched with high levels of support and guidance. The IB framework provides these additional benefits combined with social justice values and international mindfulness.

Our College mission continues to strengthen Catherine McAuley’s legacy of providing the highest quality education for young women and I believe providing a choice of pathways serves this. Catherine believed, if our education is really education that makes a difference, that ‘leads the way’ we have to enable students to assess their world.

Remembrance Day and the 175th Anniversary of Catherine McAuley

Tomorrow, 11 November, marks both Remembrance Day and the 175th Anniversary of the death of our founder Catherine McAuley. Remembrance day is also a time to reflect and pray for our dearly departed loved ones, family, friends and members of our community.

“They shall grow not old, as we that are left grow old; Age shall not weary them nor the years condemn. At the going down of the sun and in the morning We will remember them.”

God Bless you all.

Mrs Nicole Christensen
Principal

FROM THE PRINCIPAL
As usual, it’s a very busy time at Monte at the moment as we are in the middle of exam season. The HSC students completed their exam schedule last Friday, but the IBDP Final exams go through until the 22nd November. We continue to wish those girls all the best with their revision as they reach the conclusion of their studies.

For the Junior Years, Year 10 have just completed their exam block but still have the MYP Online Exams in Maths, English, History and Geography. It is a credit to the IT staff at the College that we are able to host and run these exams, with all Year 10 students in the Hall at once completing the Online exams. For our Year 9 girls, this week sees the start of the first exam block of their education. To make things a little more gentle on the girls, they have a couple of shortened exams each day, interspersed with some study classes and regular class time. This whole experience, which also includes the introduction to their Personal Project for next year means that it is a busy time for the girls at the moment. Girls should try to be as organised as possible with their revision and remember to plan their time in the Exams. We also wish them all the best.

The end of the school year is always filled with ceremonies, masses, awards and farewells. While it is often a relief for the students to reach the end of the year, they should also be giving some thought to what next year may bring and what they can take forward from the year just completed. It maybe a particular study skill, some new friendships that have been developed or even a new sport or hobby they have picked up. Success for students often depends on their ability to organise their time, both school and social, to make learning the most positive experience it can be. As this is my last Monte Matters for the year, may I take this opportunity to wish the School Community a safe and happy Christmas break.

As the year draws to close, here are a couple of dates and events that parents may like to attend:

**November 29th:**
Year 10 and 11 End of Year Mass and Awards Ceremony.

**December 2nd:**
Years 7, 8 and 9 End Of Year Mass and Awards Ceremony.

Parents are more than welcome to attend the Awards Ceremonies on these days in McQuoin Hall at the College, commencing around 11 am. Further details will be sent home with your daughter.
FROM THE HEAD OF MATHEMATICS

Lisa Patterson
Head of Mathematics

This week we take the opportunity to congratulate a significant number of students on their outstanding achievements in recent competitions.

Australian Mathematics Competition

This year, 555 students from Years 7 to 11 took part in this challenging competition. Congratulations to Tasha Lim of Year 8 who was awarded the Best in School Award and a High Distinction in the Junior Division. The following students are also congratulated for achieving Distinction awards:

Junior Division
Genevieve Bariol, Emma Brown, Holly Butler, Lily Duczmral, Kate Fraser, Beth Fuccilli, Molly Gallagher, Bethany Jacka, Casey Jackson, Claudia Jackson, Bianca Jom, Sophie Lynch, Ana Mauleon, Jules McCarthy, Belle Miller, Bridget O’Sullivan, Eloise Parker, Ruby Rivers, Lingling Qin, Alex Rae, Jessica Shaw, Lauren Shaw, Sophie Walsh, Tara Wappett, Molly White, Antonia Worrall, Lara Zannino.

Intermediate Division
Natasha Augustus, Eve Gaha, Bella Lawler, Emily Rankin.

Senior Division
Louisa Canepa, Lara Fine, Lauren Leamon.

Mathematics Challenge for Young Australians

Students from our Year 7 and 8 Extension classes participated in the Enrichment stage of the Mathematics Challenge over a six month period. The students listed below are congratulated on their outstanding results:

Distinction
Year 7 - (Dirichlet) - Lingling Qin
Year 8 - (Euler) - Ana-Maria Barlin, Emma Brown

Credit
Year 7 - (Dirichlet) - Lucia Bardetta, Isabelle Bonnefin, Claire Le Blond, Ana Mauleon, Julie McCarthy, Isabelle Ng, Bridget O’Sullivan, Ruby Rivers, Tara Wappett, Veronica Young, Lara Zannino.
Year 8 - (Euler) - Zoe Cobcroft, Domenica Labbozzetta, Tasha Lim, Gabrielle Miller, Lauren Shaw.

Australasian Problem Solving Mathematical Olympiad (APSMO)

The APSMO is a unique competition for talented students of Mathematics. The competition focuses on the students’ ability to solve mathematical problems in a creative manner, as opposed to simply reaching a solution using a prescribed method. In 2016, 50 students from Years 7 and 8 participated and their results were impressive:

Top 10%
Claire Le Blond, Lingling Qin.

Top 20%
Zoe Cobcroft, Sophie Cole, Kathryn Fraser, Casey Jackson, Gabrielle Miller, Ruby Rivers, Lauren Shaw, Grace Street.

Top 25%
Melanie Brittain, Emma Brown, Rachel Davies, Tasha Lim, Sophie Walsh, Lara Zannino.

Australian Intermediate Mathematics Olympiad

The AIMO is a 4 hour exam held annually for students seeking a challenging mathematical contest. This year, a small number of Year 10 students took part and particular congratulations go to Madison Ueland who achieved a Distinction award and Georgia Cooper, Christine Ha and Abbey Simpson who achieved Credit awards.

55th Annual UNSW Mathematics Competition

In June this year, 455 students across Australia sat the Junior Division of the 55th Annual UNSW Mathematics Competition. This is a challenging three hour open-book competition designed to assess mathematical insight and ingenuity rather than efficiency in tackling routine examples. Madison Ueland of Year 10 is to be congratulated on achieving a Credit Certificate, which placed her in the top 15% of students.
November is dedicated to The Holy Souls in Purgatory. How difficult it is to understand such things! The concept of life beyond this one presents many difficulties. We know that not everyone believes there is one. How is it, then, that the rest of us do? Only through the grace of God, who opens the eyes of the “blind” to see realities invisible. Let us be grateful for this gift of Faith, filled with Hope and immersed in Love for God, and through Him for one another.

There is little use in trying to imagine Purgatory, Heaven or Hell - we simply won't know until we get there! I have heard people declare there is no Purgatory, because we suffer enough here. It is true that we can reach the perfection of love while we are here, and in that case go straight to Heaven. For those who don't quite make the grade, Purgatory may be their further chance to pass the test, a gift from a loving God. We are told: “It is a holy and a wholesome thought to pray for the dead, that they may be loosed from their sins.” That fits nicely with the Spiritual Work of Mercy: “Pray for the living and the dead.”

We know that the Sacrament of Baptism seals us as a Christian, and opens for us the gate to Heaven. I know people who really worry that their baby died without Baptism, or that their grandchildren are not baptized. God's Sacraments do lead to salvation, but God Himself is not bound by them. For God, all things are possible. We can safely lay our fears at rest by trusting Him.

Then, what about Hell? It may seem incongruous, but Jesus clearly spoke of it as the inevitable end for those who irrevocably turn their backs on God's Love. May we be preserved from that!

So how are we to make ourselves ready for Heaven? Jesus tells us in Matthew 5: 1-12a. We must practice Poverty of spirit, Gentleness, Acceptance of Sorrows, Hunger and Thirst for Uprightness, Mercifulness, Peace-making and Endurance of Persecution for the sake of Justice. These may not seem like happiness, but Jesus says we are blessed and will be rewarded greatly if we follow them, because God will reign in our hearts.

We are all potential saints- people who live cheerfully and do ordinary things extraordinarily well - with a smile! Let us live with zest, making use of all God's gifts, so that we draw near to His Presence, and receive strength from The One who cleanses and purifies us, and makes us ready to share the fullness of Love for all eternity. Let us take some “blessed” risks this week. If they succeed we will be happy; if they don't we will be wise.

I wish you all happy days, and great peace and joy until next time!

Sr Lecia RSM

“Let us take some ‘blessed’ risks this week. If they succeed we will be happy; if they don't we will be wise”
Monte Wreck Bay Mob Dancing at Opening Ceremony

On the 3rd of November, the girls who had previously travelled to Wreck Bay in July were invited to return to the community to perform at the Opening Ceremony of the inaugural National Indigenous Football Championships. After a 3-hour bus trip, we arrived at Jervis Bay School and were welcomed by familiar faces of young children, teenagers and Elders. It was a profound experience to realise that the connections we had forged with members of the community are long lasting. Throughout the day, we rehearsed the dance with children from Jervis Bay Primary School and our peers from Vincentia High. This dance tells the Bundoola Creation Story.

We had learnt from our previous trip how significant it was to have non-Indigenous and Indigenous performing a traditional dance together, and so we were all eager to participate when this opportunity arose for a second time. In the late afternoon, we headed to Nowra to prepare for the Ceremony. Once everyone was in their costumes, all the children enjoyed using ochre to paint symbols on their bodies and through each other’s hair. When the ceremony began, we were all in awe of the crowd, which was comprised of members of Indigenous communities from across Australia that had come to support their football team. We were provided with the opportunity to watch other traditional dance groups perform, and when it was our turn, the experience was exhilarating. The sense of community and unification that was present made the event an experience for which we are all truly grateful.

By Kyana Chan, Year 11
STUDENT SHOWCASE
TAS Notice

This week Monte received a letter from BOSTES informing us of the nominations for the SHAPE exhibition at the Powerhouse Museum that will include Major Projects from HSC Design and Technology, Industrial Technology and Textiles and Design (Previously known as DesignTech). The exhibition will open at the Powerhouse Museum on 24th February and run until 7th May 2017. Of the 10 Students who completed the HSC Design & Technology Course this year, four students have been nominated for inclusion into the exhibition:

Isabella de Lorenzo
Adaptable culturally sensitive travel wear

Sophia Musgrove
Domestic violence awareness garment

Lucinda Pagett
Community square plans and model

Tiana Stouraitis
Textile industry consumption awareness garment

Each girl’s project now goes into a final selection process with the curators at the museum. We wish all of the girls the best of luck for this process.

Performing Arts Department

Congratulations to Mia Duggan for her recent nomination for the BOSTES ENCORE Concert – a celebratory concert which showcases exceptional music performances from the HSC Music exams which took place in September last term. Mia dazzled the examiners with her beautiful voice in a varied programme of songs including “I Only Have Eyes For You”, “Put Your Records On”, “I’m Not That Girl” and “Tell Me On a Sunday”. If Mia is selected for this exciting event, she will be performing at the Sydney Opera House in March 2017. Special thanks to her fabulous accompanying musicians – Nadia Burgess, Anna Crotti, Ann Palumbo, Cameron Reid and Mikey Curtain.

Theatresports Update

Monte’s Junior Representative Theatresports team are to be congratulated for their fine efforts this season. Their competitive year ended up last Thursday night, where they placed 5th in the Finals. This night was a wonderful chance for the team to play a few new games, including Sing About It, where they created an hilarious musical about life on board a wayward sea vessel. It was wonderful to see so many Monte supporters in the audience on the night. Our Wednesday afternoon Junior Theatresports training will finish up in Week 7.

We invite all girls who have trained in Theatresports at Monte this year to come along to the the ACC Theatre on November 23rd from 3:30-5:00 to enjoy an afternoon of games and fun. Notes for this event have been emailed to girls. Please return these to Ms Partington by Friday Nov 18. You can from teams beforehand if you like, of just turn up and play with those who are there on the day. This afternoon will also give us a chance to thank our amazing coach Bridie Connell for her support and guidance over the year.

Ms Partington
Drama Teacher and Theatresports Enthusiast
SPORTS REPORT
Monte Football 2017

After a wonderfully successful ‘Pilot’ Football season in 2016 I am delighted to inform you all that the College will be taking on the sport as a permanent fixture from 2017. Our plan is to operate under the same system as we did in 2016 which means that we will play under the North Sydney United club banner in the Northern Suburbs Football Association competition.

Monte fielded 7 teams in 2016 which equated to just over 100 players. There was a good mix of playing abilities from experienced right through to girls who had never played before. I am hopeful that the fact that the College has made this decision now will allow families plenty of time to decide whether they want to stick with their local club or indeed move into the Monte system.

This decision means that preparations can get underway much earlier than they did in 2016 allowing for the College to be more accurate with both internal and external grading. I look forward to providing more detailed information at the beginning of the 2017 school year.

Sports Awards Dinner

Congratulations to all of the students who have received notification that they will be receiving an award at the annual Sports Awards Dinner next Wednesday evening. I am looking forward to celebrating another great year of sport at Monte as well as hearing from guest speaker Milly Clark (Rio Olympics Marathon Runner). We have capacity for 550 guests with over 450 seats already sold so if you are hoping to attend and haven’t arranged you tickets please follow the link to ‘Try Bookings’ that is located on your invitation.

I would like to remind the students (other than outgoing year 12 girls) that they are expected to wear full Summer uniform on the night.

Stuart Hanrahan
Sports Program Manager

Junior Representative Basketball Report

On October 21st the Monte Representative Junior Basketball Team competed in the NSWCCC Championships having earned a place after winning the CGSSSA Championships back in May. It went on for two days and in our first game, we played Stella Maris and even though we had not played altogether for a while we played very well as a team and came out with our first win. We won our next two games of the day with ease and we were into the quarterfinals for the next day.

We were on the bus at 8 the next morning ready to play the quarter finals, we played against Tamworth and as it was our first game of the day, we were a bit rusty but still came away with a win. We then played Newcastle in the semi-finals which looked to be a very tough game. It was close the whole way and towards the end we were down by two points, but my team fired up and we won by 7 points. This was definitely our best game of the tournament. We were into the grand final against Albury. It had been a long day and both teams were very tired, however our team proved to be the most persistent on the day and came away with a gold medal!

Isabelle Morgan
Year 8
Representative Water Polo Report

In the past few weeks, the Junior and Senior Monte representative Water Polo teams have competed in the CGSSSA tournament at Sydney Olympic Park Aquatic Centre. The junior team was made up of a group of year 8 and 9 girls, who faced fierce competition in their pool, winning two of their games against Santa Sabina and Marist Sisters, but very narrowly missing out on a spot in the semi-finals.

The Seniors, competing the following week, had a few nail-biting games, which included a loss by one point to St Clare’s in the last 3 seconds of the game. However the team continued on to win against St Scholastica and Bethlehem College, eventually finding themselves in the semi-final against Stella Maris. After putting up a tough fight against a very strong team, the Seniors lost 6-9, placing us at equal second in the CGSSSA division of the tournament.

Overall, both teams saw huge improvement throughout the day, achieving their goals and making their coaches proud. A special thanks to coaches Danielle and Eliza for making both days so enjoyable and successful for all the girls.

Lexia Chilcott
Water Polo Captain 2016/17

Introducing the Tennis Captain

Hi my name is Jacinta Milenkoski and I am delighted to be the tennis captain for 2016/2017. I began playing tennis at a very young age and from the very beginning I loved the sport. For me, tennis is not only a hobby but it is something that allows me to take my mind off school and gives me a break to regenerate.

I have been representing Monte in tennis since Year 7 in a range of events. In the year I arrived at Monte, the college decided to re-enter the prestigious Tildesley Shield. This event is the most important event of the school tennis year with training beginning in Term 4 the year before the competition. I have also represented Monte in the CGSSSA competition in which many others and myself have been able to bring home the shield each year. Saturday sport has also been a competition I have competed in which has provided me with a great opportunity to refine my skills and develop a connection with those girls part of the Monte tennis community. Over the next year, I wish to encourage more girls to participate in Monte tennis and focus on building up a strong and skilled team with girls full of Monte spirit and pride.

CGSSSA Representative Team Report

On Thursday 3rd of November, 18 Monte girls competed in the annual CGSSSA Tennis competition. The competition is divided into the three groups of juniors, intermediates and opens for both singles and doubles. Within these age groups, a representative is placed in one of two pools with the top two players from each pool moving on to the semi finals and then grand finals. For the first time, a “Champion School” trophy was to be awarded to the winning school that would then be selected to attend the NSWCCC Schools Knockout Tournament in 2017.

2016 has been the most successful year yet for Monte in CGSSSA tennis. In the singles events, Monte’s junior, intermediate and opens player each won their event remaining undefeated for the entirety of the day. In the doubles events, Monte’s junior team made the semi-finals and the intermediate and opens team both won their events comfortably in the grand finals. With Monte winning 5 out of the 6 events, we were granted the Champion School trophy and look forward to representing the school at the NSWCCC Schools Knockout Tournament in 2017.

Jacinta Milenkoski
Tennis Captain 2016/17
PARENTS & FRIENDS
On behalf of the school community, I would like to thank Ms Jacqueline Magurren, our Deputy Principal Pastoral Care, for presenting the College’s Wellness Longitudinal Study at the P&F general meeting on Tuesday night. For those whose were able to attend, Ms Macgurren informatively discussed the purpose of the study, its history, a comparison of the 2016 results against previous years, and how the findings contribute to the planning of the Colleges pastoral care programs. Our young women are indeed very fortunate to attend a College that is so committed to their social and emotional wellbeing, as well as providing excellent academic opportunities for them.

For a more informed overview of the study and its results, Ms Magurren has kindly penned the words below.

"Your brain at positive performs significantly better than it does at negative, neutral or stressed" (S Achor TEDTalk 2011). With this always at the forefront of our teachings and every interaction within the Monte community, our aim is to raise the level of positivity for our students so that they can learn better, be more creative and can function more productively throughout life.

The ACER Social Emotional Wellbeing Survey is in its fourth year and the results for 2016 are very affirming. The results show that, across the board, the following areas are high achieving and improving:

- Social skills (i.e. knowing and understanding how to make friends, how to be compassionate, seeing themselves as helpful, and avoiding saying or doing things that might hurt another person).
- School life (i.e. responding well to positive engagement with teachers and having a sense of self-belief).
- Home life (i.e. parents discussing the importance of making friends, being confident, persistent and organized).
- Community life (i.e. having the opportunities available on weekends and afternoons to be engaged with and interested in their external community). The ACER Survey affords us a wonderful opportunity to create future plans and directions from these findings. Areas for future directions and study will be in the emotional intelligence domain, exploring and understanding the capability of expressing emotions, being more self-confident and self belief, and increasing motivation and organization skills. As staff, we are committed to supporting each and every student to do their personal best. “If we can raise a person’s positivity in the present then their brain experiences something known as a Happiness Advantage” (S Achor TEDTalk 2011) where students, and ourselves, are more open and willing to learn.
From the College Shop

We are looking for volunteers to assist us with the outfitting of our incoming yr7. We require helpers from 8am till noon on the following Monday’s, Tuesday’s and Thursday’s in November 7th, 8th, 10th, 14th, 15th, 17th, 21st, 22nd and 24th. Lunch will be provided. If you can find the time to join us we would be most grateful for the helping hand. Please contact Fiona Ell on 9409 6256 or fell@monte.nsw.edu.au

During our incoming Year 7 outfitting the College shop will only be open during lunchtime to existing students, on Mondays, Tuesdays and Thursdays. Please refer to ACTA for dates and times.

Stationary packs for year 9 and 10, 2017, have arrived into the shop and available to purchase. Cost $30

Love your school library

HELP NEEDED

In the summer holidays the Monte Library will be undergoing a shelving refurbishment that will result in better access to our collections for our students, and will highlight our stunning heritage space. We need your help packing books into boxes and carrying them down the library mezzanine stairs for temporary storage. If you can help out on Monday December 5 or Tuesday December 6 for a couple of hours between 8am and 4pm, we would love to see you. Please email Deborah Brown, Head of Library, at dbrown@monte.nsw.edu.au
BFF Forever: When friendships go sour

Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain

The four girls, or the ‘Four Musketeers’ as they called themselves, had been really close friends since Primary School. They did everything together. They shared the good times and the bad; they slept over at each other’s houses (frequently at ours), and seemed really happy.

Then one day it all fell apart.

Noticing our daughter seemed unusually quiet I asked, “Is everything OK, you seem a little down?” Then it all came tumbling out.

One of the four had decided it was time to say goodbye. She didn’t want to be part of that friendship group anymore and had already made overtures to another group that she wanted to be best friends with instead.

But rather than explaining her decision, she chose to break all contact with her former best friends and spread rumours that they had been mean to her and it was they who had outed her from the group. Bewildered and hurt the three girls attempted to rebut the accusations, to no avail. Their frustration led to resentment and anger along with grief that the happy band of four was no more.

Helping our kids deal with relationship issues is an important part of growing up; at any age. As adults we have our previous experience, logic, and reasoning which helps us to keep things in perspective, without resorting to catastrophising or experiencing those intense emotions that can be difficult to contain. That’s because the fully mature adult brain uses the pre-frontal cortex (PFC), the thinking part of our brain, to help regulate emotion and behaviour.

But a child does not attain full brain maturity until approximately the age of 24 when cognitive development is complete (boys can be a bit later!). This means our kids see their world through a predominantly emotional lens, they feel emotions more intensely than we do and they react more strongly to those emotions because they lack the regulatory mechanisms of a fully developed PFC.

Helping a child through a difficult time helps them develop a higher level of emotional intelligence (EQ), which helps them to handle those more complex interpersonal relationships as they get older.

It’s hard seeing your child in pain, whether emotional or physical, and it’s natural as a parent to want to fix it. What matters though is to not intervene with all guns blazing, as this can make matters worse and doesn’t teach our children how to work through a tough time and find their own solutions. It’s difficult too if we have a pre-existing relationship with the other parents involved, because the fallout from our children’s friendship issues impacts everyone.
... BFF Forever: When friendships go sour ...

Helping your child deal with emotional pain

Allow them to grieve
Pain hurts and that’s normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that they’re sorry they are hurting to help them learn that emotions are normal, and that it’s normal too to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation
When up close it can get very personal. Encourage your child to look at the situation from the other person’s perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to reframe what happened, elevates empathy and builds resilience to future hurts. What doesn’t work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can’t reach out to their other friends for support.

Offer time and an open ear
Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some ‘normal’ things is what counts, as well as being available to just listen when required. It’s about understanding, not interrogation. They don’t necessarily want our advice!

Move forward with respect and dignity
A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It’s something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life’s knocks. This has to be one of the greatest gifts as parents we can give to our kids.

Jenny Brockis

Dr Jenny Brockis is the Brain Fitness Doctor, author of Future Brain: The 12 Keys to Create Your High-Performance Brain and mother to two young adults.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.