Monte’s ANZAC Day Ceremony 2016
## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>FROM THE PRINCIPAL “RESPECT &amp; THE ANZAC SPIRIT”</td>
<td>3</td>
</tr>
<tr>
<td>FROM THE DEPUTY PRINCIPAL, PASTORAL CARE</td>
<td>5</td>
</tr>
<tr>
<td>FROM THE HEAD OF ENGLISH</td>
<td>6</td>
</tr>
<tr>
<td>SR LECIA’S THOUGHTS</td>
<td>7</td>
</tr>
<tr>
<td>SPORTS REPORT</td>
<td>10</td>
</tr>
<tr>
<td>PARENTS &amp; FRIENDS</td>
<td>12</td>
</tr>
<tr>
<td>MONTE NOTICES</td>
<td>15</td>
</tr>
</tbody>
</table>

Front Cover Artwork: World War I nurse created by Annabelle Nelson of Year 11.

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

“Our accomplishments are never ours alone. We are forever connected and indebted to those who come before us.” - Sr Deidre Mullan RSM.

The ANZAC legacy continues to underpin our nation. At Monte this week our girls took time to pay their respects to not only the original ANZACs who served at Gallipoli and the Western Front, but also to commemorate the service by Australian servicewomen. It is said that anything that advanced human dignity was worthy of Catherine McAuley’s attention. So in the Mercy tradition, this is another reason why the annual Monte ANZAC assembly continues to hold such significance.

The ANZAC spirit can be summed up in four human values – Courage, Endurance, Sacrifice and Respect.

By embracing our values of respect for cultural diversity and inclusiveness as a nation, we honour the legacy of those men and women who fought for a better world, not just for the end of conflict.

Over time the significance of the day and respect for those who fought has extended to those who were on the opposite side of the battles. In ANZAC marches around the country we embrace different nations as a sign of respect and peace.

Pope Francis' decision to celebrate Holy Thursday with refugees in a reception centre for asylum seekers this year, showed that the path of respect is the way towards peace. Respect means recognising there is another person beside me. A person who walks with me, suffers with me, rejoices with me. A person who, one day, will be able to lean on me for support.

Being part of a Mercy community stands for something. It stands for justice, service, mercy, option for the poor and respect for human dignity.

“Being an Australian or a New Zealander — Kiwi or Aussie — stood for something.

It stood for everything.

They created a bond that is so strong it still lives with us today.

A bond built on trust, respect and a shared experience.

And it binds our countries together — forever — in a way that nothing else can.

And that is the ANZAC legacy.

And it is what these people did, and what they gave us, that we commemorate on this day.

Lest we forget.”

God Bless.

Mrs Nicole Christensen
Principal

Thank you to our guest speaker Lieutenant Commander Casey Scully-O’Shea, Maritime Warfare Officer in the Royal Australian Navy for her uplifting address to our students in today’s ANZAC Ceremony.
FROM THE DEVELOPMENT & COMMUNITY RELATIONS TEAM
Deanne O’Shea - Director

This Week on Social Media
@montecollege

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.
The month of May is such a wonderful time of year. The cold weather is just settling in; the leaves are falling from the trees on Miller Street; and this year 840+ Monte Angels are dancing around the Mount getting ready for the event of the year. IT’S HOUSE PLAYS TIME!

House Plays is an opportunity for all students to become involved in performance and dance. They don’t have to be a good singer, or be able to project their voice, they don’t need to audition or even be able to handle a ball. They just need to put one foot in front of the other and move to the beat whilst having a fabulous time.

I congratulate all those students who have decided to put their best foot forward and volunteer this year to be part of our performance. From the dancers, to the costume designers, choreographers and tech crew we could not hold such a wonderful and spirited performance without you.

All of these students embrace the opportunity to once again mix with girls from other year levels and to show their talents, creativity, enthusiasm and excitement by being part of something bigger than they could ever imagine.

So who will win? Well you’ll need to come along to find out.

As always parents and invited guests have a fun filled night to look forward to on Saturday 21 May as they watch the stage fill with beaming smiles, flashy costumes and comical MCs which all rolls into the mix of what is House Plays. Tickets will be available online shortly for the 3.30pm Twilight and the 7.00pm Main Performance. More information will be sent to you in the coming week.

Any students involved in sporting commitments on the weekends or Debating on Friday evenings must honour their obligation to their team prior to attending House Plays rehearsal and performances. They must sign in and out at the College Shop when arriving or leaving.

Rehearsal Times:

- Friday 29 April - 3.30pm - 5.30pm
- Sunday 1 May - 11.00am - 3.00pm (Year 7: 11.00am - 1.00pm)
- Friday 13 May - 3.30pm - 5.30pm
- Friday 20 May - 3.30pm - 5.30pm
  Dress Rehearsal: Students in Aquinas, McAuley and Xavier only.
- Saturday 21 May - 11.00am - 10.00pm (Year 7: 12.30pm onwards)

Twilight performance 3.30pm, evening performance 7.00pm.
A focus on Reading

“To learn to read is to light a fire; every syllable that is spelled out is a spark.” — Victor Hugo

“We read to know we are not alone”. — C.S.Lewis

Reading is a powerful tool for students: it enables them to improve their literacy skills, find out about other worlds, and develop empathy towards others. It is a pathway towards understanding others, developing self awareness, and making sense of our place in the wider world.

As English teachers, we strive to encourage all of our students to become life-long readers. To this end, we select a wide range of age-appropriate and challenging texts for study, and support this through library activities such as wide reading and related material lists.

This year, we would like to invite parents to become involved in their daughters’ learning by reading some of the prescribed books along with your daughters and engaging them in discussion about what they are discussing in class. Many of you have no doubt read such classics as “To Kill a Mockingbird” and “Emma”, but other texts may be less familiar. Here are some suggestions for your reading pile:

Year 7 parents: The Invention of Hugo Cabret (a hybrid novel/graphic text that inspired the film “Hugo”) , John Marsden, The Rabbits (allegorical picture book).

Year 8 parents: Mao’s Last Dancer by Li Cunxin (non-fiction).

Year 9 parents: Lian Hearn, Across the Nightingale Floor (a challenging fantasy novel set in feudal Japan).

Year 10 parents: E.M. Forster, A Room With a View (a satirical classic- quite a challenge for many students).

Year 11-12 HSC parents: Jane Yolen, Briar Rose (appropriated fairytale about the Holocaust - studied by 11 Standard), Booklet of short stories (ask your 11 Advanced daughter for a copy of the anthology!), Christopher Isherwood, Goodbye to Berlin (11 Extension- a novel about pre-WWII Germany), Alain de Botton, The Art of Travel (12 Advanced - non-fiction/philosophy text).

Year 11-12 IB parents: Fred D’Aguiar, The Longest Memory (a polyphonic novel about slavery), Arundathi Roy, The God of Small Things (novel about post-colonial India), Anna Funder, Stasiland (non-fiction about post-WWII Germany)

Writing

“Write this down. Write it. In ordinary ink. On ordinary paper...” – Wislawa Szymborska

Ariel Bonnell, Literary Captain, and English Project Leaders Mrs Cate Harte and Mrs Angelica Hannan have been working on the production of a journal of student literary writing for publication this year. The first edition of this journal, Ellipsis..., is ready for printing and will come off the presses during this term. It is a wonderful conduit for publishing and celebrating the poetry, stories, non-fiction, book reviews and other writing that students have produced throughout the year and we hope it will continue to grow and develop. Copies will be available around the college, and we are currently working on a digital version as well. Congratulations to all involved in this project.

Theatre

“All the world’s a stage

And all the men and women merely players...” — William Shakespeare

2016 is shaping up as a great year for theatre, and the following are booked in for English classes this term:

24 May - Year 12 Advanced English are seeing Hamlet at the Seymour Centre.

25 May - Year 9 will have a workshop at Monte with the actors from Bell Shakespeare Company.

15 June - Year 10 are seeing Macbeth at the Seymour Centre.

24 June - Year 12 Standard English are seeing Away at the Seymour Centre.

Suzanne Mealing
Head of English
SR LECIA’S THOUGHTS

Sister Lecia Coombe RSM

ANZAC Day

Dear Readers,

With this week’s ANZAC Celebrations fresh in my mind, I would like to share a snippet of the Memorial organized for our Parish Mass. To begin with, a young man gave us a beautiful rendition of “Bring Him Home”, that soulful song at the end of “Les Miserables” (which, in my opinion, was probably the most brilliant and engaging musical ever produced at Monte.) Then we had an ANZAC poem. I include it for you on the following page to read (preferably aloud) and then quietly pray.

The last stanza embodies a great mystery, which Jesus revealed when he said: “Whatever you do to one of these my least brethren, you do it to Me.”

“Greet one another with a kiss of love. Peace to all who are in Christ.”
(1 Peter 5: 5-14)

So close is Jesus to us in his humanity and divinity, that our suffering becomes His. Every person who suffers can be one with Christ on His Cross, and that unity transforms our suffering into something of divine value for us all. Of course that applies also to the pleasures of life. In today’s Epistle, we are told:

“Greet one another with a kiss of love. Peace to you all who are in Christ.” (1 Peter 5: 5-14)

I pray that you and your family have had a lovely, restorative break.

Sr Lecia RSM
"An Incident"

by Mar Anderson

He was just a boy, as I could see,
For he sat there in the tent close to me.
A I held the lamp with its flickering light,
I felt hot tears burn my sight

As the doctor removed the blood-stained bands
From both his brave, shell-shattered hands,
Boy hands, wounded more pitifully
Than Thine, O Christ, on Calvary.

I was making tea in the tent when they,
The wounded, came in their agony.
The boy turned when his wounds were dressed
And lifted up his face - like a child at the breast.

Turned, and lifted his tired face up,
For he could not hold the spoon or the cup.

I fed him. – O holy Mother of God,
All women tread where thy footsteps have trod.

Still on the battlefield of pain,
Christ is stretched out on His Cross again,
And the Son of God in agony hangs,
Womanhood striving to ease His pangs,

For every son of man is a son divine –
Not only for the woman who calls him "mine"-
As he stretches out his stricken hand
Wounded to death for the Motherland.
Representative Sport Term 2
Monte will be fielding representative teams in the following carnivals this term:

- NSWCCC Swimming Championships – Friday 29 April
- CGSSSA Open Basketball – Wednesday 11 May
- IGSSA Cross Country – Friday 13 May
- CGSSSA Junior and Intermediate Basketball – Wednesday 18th May
- CGSSSA Cross Country – Friday 27 May
- CGSSSA Gymnastics – Wednesday 1 June
- NSWCCC Open Basketball Championships – 20 and 21 June
- McAuley-Ward Cup Netball – Wednesday 22 June

There are spaces in some of the older age groups for runners who would like to represent the College at the cross-country carnivals. Please contact Mr Rowan if you are interested.

Club Sport Term 2
It is fantastic to see so many Monte students involving themselves in club sport. This term the College is fielding:

- Netball – 53 teams and 470+ players;
- Basketball – 7 teams and 60+ players;
- Hockey – 7 teams and 100+ players;
- Football – 7 teams and 100+ players;

To this you can add the following for non-team based sports:

- Aerobics – 60 students
- Dance – 70 students
- Tae Kwon Do – 20 students
- Yoga – 50 students
- Swimming – 30+ students
- Monte Runners – 30+ students
- Athletics – 40+ students

Water Polo Skills Training
Miss Bower and our other senior Water Polo coaches will be offering Water Polo skills training sessions on Thursday mornings in Term 2 from 6.45am-8.00am at the Monte Pool. All students have been sent a permission note to be completed if they would like to participate.

Winter Tennis Training

A few years ago we introduced a winter tennis training program to enable tennis players the opportunity to keep their eye in during the off season. These sessions also provide an opportunity for students who are thinking about playing tennis to give it a go before having to join a team and playing competitions matches in summer. All students have been sent a permission note via email that needs to be returned if they would like to participate.

Monte Runners – Revised Program
We have been reviewing the Monte Runners Program over the past few weeks and decided on a fresh approach. The program however will always continue to cater for students who would just like to run to stay fit and healthy.

The program has been split into the following training blocks:

- Term 1 – Pre-Season/Fitness
- Term 2 – Competition Season
- Term 3 – Track/Strength Season
- Term 4 – Summer Health Season

Students now have the capacity to sign up for just 1 Term or all terms or to pick and choose, which terms they would like to participate in. It offers the opportunity for students who want to represent the College in the Term 2 cross-country carnivals the option to just run in Term 2.

The 3 sessions will remain the same and students are welcome to attend as many of the sessions each week as they would like. They are Tuesday and Wednesday morning leaving the College at 6.55am and Thursday afternoons which in Terms 2 and 3 will be at Rotary Field training with the College Athletics Team. The cost will only be $40 per term for 1-3 sessions per week.

The sessions will all still cater for students from beginner to advanced so students are welcome to be involved regardless of their current level of fitness.

Athletics
The Monte Athletics Program began on Thursday 28 April. Athletics is open to any student who wishes to ‘have a go’ and the program is designed around achievement of ‘personal bests’ and not just a focus on elite performance. Students who wish to be included in the Monte Representative Athletics Team should be attending at least one of the two sessions each week. With the College House Athletics Carnival scheduled for Wednesday 1 June the first 4 weeks of Term 2 is a good opportunity to get into shape and prepare for what is one of the best days on the Monte Calendar.

#ITSOK2PLAY - even if you’re not interested in the result.

Stuart Hanrahan
Sport Program Manager
PARENTS & FRIENDS
Hi everyone,

Welcome back. As usual, the break has just flown by but I hope you all had a chance to recharge after a pretty frenetic Term 1.

During my break, I read an interesting piece on adaptive challenges - issues where there is no one right answer but many possible answers, each with different costs, risks and benefits. It struck me that parenting could be seen to be one big adaptive challenge – with one of the biggest challenges being where we choose, as parents, to be on the spectrum between ‘let kids do as they please and learn from experience’ and ‘protecting kids from harm is our primary goal’. When our kids were toddlers, I doubt any of us let our kids learn how to cross the road by letting go of their hand and letting them learn from experience! Over time, our kids’ abilities to process and respond to risks increases – although that path to maturity is not always linear or consistently upwards!

An important role for parents is to assess where our kids are at any point in time in terms of their frontal lobe – that part of the brain where risk is processed – and to adjust the boundaries you are comfortable with, in response. Inevitably, the ‘right’ answer will be subjective and likely different between you and your daughter - but trying to have a conversation about it ahead of time will help them learn from our experience.

Have a great week.

Andrew Rutherford
P&F President

---

**Dates for your Diary**

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 4 May</td>
<td>P&amp;F Class Parents Meeting</td>
</tr>
<tr>
<td>Sat 7 May</td>
<td>Year 7 Cocktail Party</td>
</tr>
<tr>
<td>Sat 14 May</td>
<td>Year 9 Cocktail Party</td>
</tr>
<tr>
<td>Sun 15 May</td>
<td>Year 12 Mother and Daughter High Tea</td>
</tr>
<tr>
<td>Thur 19 May</td>
<td>P&amp;F Presentation - Raising Teens in a Hyper Sexualised Society (Run by Your Choicez)</td>
</tr>
<tr>
<td>Sat 28 May</td>
<td>Year 8 Cocktail Party</td>
</tr>
<tr>
<td>Sat 18 June</td>
<td>Year 10 Cocktail Party</td>
</tr>
<tr>
<td>Sat 30 July</td>
<td>Year 11 Cocktail Party</td>
</tr>
</tbody>
</table>

**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
Cocktail Party

YEAR 7 PARENTS

Are invited to an evening of delicious food, drinks and great company

Saturday 7th May
The McQuoin Centre
7.00 - 10.00 pm

COST: Early bird $45 per head for bookings prior 30th April. $49 per head thereafter.

RSVP: 5th May, 2016

To purchase tickets please click on the direct booking link below and follow the instructions

https://www.trybooking.com/HLCY
Alumni Speak at Year 11 Higher Education Careers Session

This week saw two Monte Alumni guest speakers share valuable insights on their rewarding careers within the not-for-profit sector as part of the College’s ongoing Year 11 Higher Education Careers Sessions.

Madeline Achurch (Class of 2009), a volunteer co-ordinator at Habitat for Humanity Australia and Karlie Brand (Class of 1997), Chief Operating Officer of ‘Soldier On’ spoke of their rewarding experiences within their respective fields.

Call for Prizes for Blue & Blue Lunch

The Monte Blue & Blue Scholarship Lunch will be held on Friday 13 May at Parliament House. The lunch raises much needed funds for Monte’s Bursary program which assists with the education expenses of Monte families facing troubled times.

Can you provide a raffle or silent auction prize to assist with the fundraising for Monte’s Bursary program? Ideas include travel vouchers, artworks, gift items, beauty vouchers, experience vouchers, movie tickets. No donation is too small. Supporters will receive recognition of their generosity in the event program and on other promotional material.

Please contact the Catherine Elliott in the Development Office if you can help on celliott@monte.nsw.edu.au.
Absentee Office

A reminder to all parents that a phone call to the Absentee Office is required each morning of your daughter's absence. If your daughter has an appointment throughout the day you must provide a note addressed to their tutor on the morning of the appointment and the student will receive a Common Leave Pass which they are to carry with them outside of school once they have signed out. Please refer to the College Planner for further details of this procedure.

Winter Uniform

Please check the length of your daughter’s skirt and do not allow them 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.

From the Health Centre

In this flu season we would ask that your daughter comes to school equipped with her own tissues and cough lozenges so that movement out of class is kept to a minimum. A reminder that if she falls ill whilst at school she is to report to the Health Centre where she will be assessed. Students are not to use their mobile phones to make arrangements with parents directly to collect them as the student may be deemed fit enough to return to class.

A reminder to parents/carers the second School Vaccination Clinic is happening on Wednesday 4 May.

- Vaccinations are HPV 1 and 2 to all Year 7
- dTpa (Boostrix) to all Year 7

Any withdrawal from the program needs to be in writing advising this.

Lauren Jacobs
College Nurse

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? In weeks one and two of Term 2 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 one of the collection points at Monte. 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.

Please think carefully over the holidays about whether you have any mobile phones you can hand in as this is a very worthy cause and a great way to help contribute to helping the environment. For more information please visit the following website: http://www.mobilemuster.com.au/about-us/faq/

Music Notices

Concert Band Workshop - Monday 2 May 3.30-5.30 in OR201.

Wind Ensemble workshop - Thursday 12 May 3.30-5.30 in OR201.
SHAPE YOUR CAREER AND STUDY CHOICES

Monte Alumni together with Monte’s Higher Education and Careers Centre invite Years 9-12 Students and Parents to our

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

Choose from a wide range of speakers. This is a unique opportunity to hear from 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 ON TRYBOOKING
www.trybooking.com/LGLV
By Monday 9 May 2016
For further enquiries contact
sgraham@monte.nsw.edu.au

To view highlights of the 2015 Career Insight Evening CLICK HERE
Youth social entrepreneurship - why helping youth see problems as opportunities is critical

Guest Speaker Margaret O'Brien (Class of 95)

Margaret is a social entrepreneur and Director of Development and Strategy at Fundación Afrocaribe in Cartagena, Colombia. Through Margaret’s work in Colombia, Monte Sant’ Angelo established sponsorship of Biblioteca de Monte (the Monte Library), providing children regular access to literacy classes and resources. Dedicated to youth empowerment and education, Margaret has recently co-founded Young Change Agents, which empowers Australian youth to see problems as opportunities through social entrepreneurship.

<table>
<thead>
<tr>
<th>MASTER OF CEREMONIES</th>
<th>Ms Catherine Kernot (Clear, College Captain Class of 1975) Catherine is now a physiotherapist and College Board member</th>
</tr>
</thead>
<tbody>
<tr>
<td>VENUE</td>
<td>Strangers Dining Room, New South Wales Parliament House 6 Macquarie Street, Sydney CBD</td>
</tr>
<tr>
<td>DATE / TIME</td>
<td>Friday 13 May 2016 12.00pm - 3.00pm</td>
</tr>
<tr>
<td>COST</td>
<td>$100 per person</td>
</tr>
<tr>
<td>BOOKINGS</td>
<td><a href="http://www.trybooking.com/KZNC">www.trybooking.com/KZNC</a></td>
</tr>
<tr>
<td>ENQUIRIES</td>
<td>Development Office, (02) 9409 6242, <a href="mailto:sgraham@monte.nsw.edu.au">sgraham@monte.nsw.edu.au</a></td>
</tr>
</tbody>
</table>

Bookings close Friday 29 April (unless sold out prior)
Hosted by the Hon Anthony Roberts MP
### Monte Study Centre: Term 2, 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGLISH/ Essay writing/revision: Mr. McHugh</td>
<td>HSIE: Ms. Bowden</td>
<td>HISTORY/LEGAL STUDIES/Note taking/revision/essay writing: Ms. Jenkins (Day 4)</td>
</tr>
<tr>
<td>ART &amp; TAS: Ms. Walters</td>
<td>ENGLISH: Mr Curry</td>
<td>GERMAN/FRENCH/General study skills &amp; revision techniques: Ms Patzelt</td>
</tr>
<tr>
<td>Yr 7-8 ALL SUBJECTS /Senior ART: Ms Ford</td>
<td>GERMAN: Ms Lewin</td>
<td>MATHS: Ms. Patterson</td>
</tr>
<tr>
<td>MATHS: Ms. Randazzo</td>
<td>RELIGION/SoR: Ms Davis</td>
<td>MATHS: Ms Lawrence (Day 4)</td>
</tr>
<tr>
<td>PDHPE: Ms. Hogg</td>
<td>SCIENCE: Mr. Zitzelsperger (RY201)</td>
<td>SCIENCE: Mrs Lee (RY201)</td>
</tr>
</tbody>
</table>

**In the Monte Library**

Make an appointment, or just turn up!
Free study help for students after school in the library

---

**REMEMINDER:**

**International Baccalaureate DP Twilight Workshop**  
**Year 10 Parents and Students**  
**Tuesday, 3 May at 5:00pm**

The Twilight Workshop aims to provide an in-depth coverage of the IB Diploma Programme. This event will provide:

- an explanation of how the programme has been implemented at the College
- a comparison of the IB Diploma and the HSC options
- an outline of how the IB Diploma score translates into an ATAR (Australian Tertiary Admissions Rank)

The workshop will also be attended by past IB students, who will be happy to share their experiences in studying through the IB Diploma Programme.

**Where:** McQuoin Centre  
**When:** Monday, 7 April  
**Time:** 4:30pm for afternoon tea, followed by an interactive information session beginning at 5:00pm

We encourage Year 10 students and parents to come along and learn about the IB Programme and how it differs from the HSC.

**RSVP by email to rtrenaman@monte.nsw.edu.au by Monday 31 March, 2016.** If you have specific questions that you would like answered on the evening, please include them with your RSVP.

Robyn Priestley  
Director of Senior School and IB Diploma Coordinator  
Ph: 9409-6252
Italian Parent Classes - Open for All Year Groups!

Have you ever wanted to learn Italian and know more about the language your daughter is learning? Well here is your opportunity!

The College is running language learning classes for parents, so that you can gain an appreciation of your daughter’s experience of language learning. Through these lessons, you will acquire communication skills, study techniques and strategies that allow you to use basic language and support your daughter as a co-learner.

The 7-week course is open to parents of students who are learning Italian and is aimed at those with little or no experience of the language. Italian classes run on Tuesday evenings in Term 2 from 5.45-7.15pm starting on Tuesday 3 May.

The course is run at no cost to you. An intermediate course will run in Term 3.

Please contact: Ms Maria Gaudioso (Italian) mgaudioso@monte.nsw.edu.au for more information or to enroll.

Maria Gaudioso
Italian Teacher
Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin’s house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn’t help but give her some fatherly advice on Sunday night. “You’ve spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!”

A tantrum followed…from Elle.

Elle’s mum took a different tack. She had a hunch that something was bothering her daughter. “You sound like something is bothering you big-time. What’s up?”

“I’ve got to give a talk at school on Monday in front of the whole school and I haven’t time to prepare. It’ll be awful and everyone will laugh.”

Her mum replied, “You sound like you might be pretty nervous. That makes sense. Giving a talk in front others can be nerve-wracking.”

Elle dropped her shoulders, smiled and said, “You bet!” She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle’s dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter’s behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please. There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get an good understanding of what’s happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

They will usually:

1. **Listen more and judge less**
   There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

   **IMPACT:** Better, more open relationships.

2. **Accept strong emotions**
   Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety.

   Emotionally intelligent parents know that feelings need to expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not unacceptable.

   **IMPACT:** A healthy expression of emotions.

---

**Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW ParentingIdeas Club today at parentingideasclub.com.au. You’ll be so glad you did.**

parentingideas.com.au

© 2016 Michael Grose
... What it means to be an emotionally intelligent parent ...

3. Focus on the present
Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That’s part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However, when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

IMPACT: Happier families and less stress felt at home.

4. Use rules rather than their moods to determine discipline
Some parents discipline according to their moods. If they feel good then they give children plenty of leniency. If they are feeling bad then they pick their kids up on every little thing. It’s better to stick to the family and house rules that makes you more predictable, which kids really crave.

IMPACT: More consistent parenting

3. Develop a language around feelings
A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

IMPACT: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we’ve never had any training in it. We didn’t learn it from our parents, and more than likely haven’t learned it at work. Emotional intelligent parenting can be learned. At Parentingideas emotional intelligence is central to the work we do with parents.

We know first hand that kids who have parents versed in Emotional Intelligence are more likely to raise kids with the skills to be happier, enjoy better relationships and experience more success at school.