NAIDOC Week 2016

MONTE MATTERS

24 JUNE 2016 / TERM 2, WEEK 9
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Front cover artwork by Maruku Artist
Sandy Willie entitled “Watiku”.

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

His Holiness, Pope Francis’ focus for the month of July in this Jubilee Year of Mercy is Indigenous Peoples. His intention is “that indigenous peoples, whose identity and very existence are threatened, will be shown due respect.”

During NAIDOC week Monte celebrates our connection with the Mutijulu and Wreck Bay Indigenous communities. Monte is one of the few Colleges where students and Elders can build on long established connections and come together on site for a whole week. Highlights of the week included: dot-painting workshops with Maruku artists; indigenous cuisine workshops; NAIDOC assembly and the annual Maruku Marketplace Art Exhibition.

Maruku is an Aboriginal owned Artists Co-Operative located in the Mutitjulu community near the foot of Uluru. Mutitjulu is the Aboriginal community that our Central Desert students visit each September break, and Maruku is a really important part of this experience as students work in the art centre supporting the work of Anangu artists during their stay. Students and staff will head off to Wreck Bay during the term break.

This week we also welcomed to the College His Excellency Mr Abel Guterres, Ambassador to Australia for Timor Leste who flew especially from Canberra to meet with our Timor immersion staff and students before their departure for Timor Leste next week.

I would like to take this opportunity to extend my very best wishes to all students, parents and staff for a safe and healthy term two break.

In the words of the Cammeraygal People of the Guringai Nation: “We respect. We connect. Together we are one.”

God Bless

Mrs Nicole Christensen
Principal
This Week on Social Media

FROM THE DEVELOPMENT & COMMUNITY RELATIONS TEAM
Deanne O’Shea - Director

This Week on Social Media

Monte Sant’ Angelo Mercy College

@montecollege
I’m not sure there are enough pages in Monte Matters to go over all of the events that we have had here towards the end of this term. Monte has been its usual busy self with Masses, excursions, parent conferences and exhibitions. The involvement of the students in all of these events has been overwhelming, particularly the 800 students or so who took part in House Plays.

The start of Term 3 will bring its own set of events. The Years 8 and 9 Learning Conference Evenings, The Australian Mathematics Competition and the College Leadership Liturgy are just some of the events within the first three weeks of next term. The Year 10 Personal Project Exhibition on Thursday 28 July will be a highlight as the students display their projects on which they have spent so much time.

For our Year 12 students, Week 3 sees the HSC Trials and the IB Mock Exams. These will run for two weeks from 1st August through to the 15th August. Most of these exams will be the final piece of the assessment puzzle before the HSC. We wish our students all the best and hope that their vacation time can be structured in such a way that it allows them time for study as well as time to take a breath. For the students, it is important to schedule study time during the holidays and stick to it.

Here are few tips for the students:

· They should take the time at the start of their break to draw up a plan of how their time is going to be spent. It is a lot easier to follow a documented plan than it is just to study when they feel like it.

· They should be realistic with their plan, and factor in some “down” time.

· They should get plenty of sleep and approach their revision well rested and with as little distraction as possible.

· They should access past papers where appropriate and develop their notes as they go along.

· Encourage them to eat healthily and try to fit in some walking or gentle exercise.

These are just some tips to maximise their revision potential. Calmness around exams comes from good preparation and solid revision.

To the whole Monte community, I wish you a safe holiday and look forward to seeing all the students back here for the start of Term 3 on 18 July.

Thanks

Joe Galletta
Deputy Principal, Administration
During Term 2, the Year 10 girls have begun the process of subject selection for Year 11, 2017. The students and their parents have attended information sessions, heard words of wisdom from their teachers, had the opportunity to watch podcasts produced by Heads of Department and read the carefully constructed subject selection handbook. The College has an extraordinary structure in place to support the girls, but at this time of the year I am left wondering why it is that some girls get it so wrong.

The decision to choose HSC or IB, and then to select subject within either system is fraught with pitfalls. Perhaps it is timely to share some of the most significant of those pitfalls:

• Reliance on junior experience. Invariably the nature of a subject in Year 10 provides little indication of the content, skills and expectations of the subject at senior level.

• The likely teacher of a subject. This consideration should never be the basis for choice. Teachers may change and teaching styles may vary considerably in the senior years from what the girls have experienced in the middle years. Ultimately, it’s the student, not the teacher who has the pen in her hand at the final examinations.

• Perceived status of a subject. Students often enrol in a particular subject, which can then be worn as a badge of honour, suggesting some level of relevant ability or intelligence factor.

• Perceived demands of a subject. Students often choose the easy option. They won’t be rewarded for choosing ‘easy’ subjects, if they are capable of more.

• Pre/Misconceptions about University scaling. There is no pre-determined scaling in place for any subject. Scaling is adjusted each year for each subject based on the overall performance and calibre of the state-wide candidature for each individual subject. Our own analysis indicates that often more poorly scaled subjects result in greater success.

• Reliance on university bridging courses for a successful future at tertiary level. Often students have an unrealistic dream, that is unsupported by academic indicators at Year 10 level. The fantasy phrase: “I don’t like science, but I’m still going to be a Doctor”, or similar, perhaps suggests that the student should re-think her career aspirations rather than spend two years struggling with one or more science subjects.

• Creative subjects will be a break from the more academic subjects. Like all HSC and IB subjects, Visual Arts and Design Technology demand intensive academic work. A love of creative pursuits is in itself, not enough to achieve success. The major works involved in these subjects require extraordinary commitment and the willingness to complete supporting mandatory documentation. Students need to tread cautiously before taking on too many major subjects involving mandatory major works.

• Unrealistic parent expectations. It is heartbreaking to see a girl’s desire to meet her parents’ expectations result in tears and even failure in Year 12. The student needs to take ownership of her own program of study. She needs to take responsibility for her own choices.

• Influence of peers. Friendship emerge from common interests, but those friendships should never dictate life’s decisions.

Achievements to the end of Year 10 may provide some level of indication of how choices should be made. HSC and IB Diploma subjects provide new challenges, new approaches and new opportunities. Senior schooling is markedly different to middle schooling. Students’ habits and work ethics develop to embrace the content and skills required. As they mature, most students develop genuine academic passion for one or more of their chosen subjects. Each girl must recognise that the fundamental rule for subject selection must be choosing subjects she enjoys and subjects she is good at. Within those parameters, she should then consider possible careers and any necessary pre-requisites and/or assumed knowledge dictated by universities. However, university requirements should never be the main driver of choices.

Life is too short for regrets! No girl should feel pressured to become the woman she doesn’t want to be. Each and every Monte girl is a valued individual. We need to work together to give her the space and the support to be herself.

**FROM THE DIRECTOR OF SENIOR SCHOOL**

“One of the greatest regrets in life is being what others would want you to be, rather than being yourself.”

- Shannon L. Alder

Robyn Priestley
Director of Senior School
May 2016 - Caring

IB learners are ‘Caring’. At Monte, we are also proud to be part of a Mercy community. IB learners at Monte show empathy, compassion and respect towards the needs and feelings of others. We have a personal commitment to service, and must act to make a positive difference to the lives of others and to the environment.

Throughout the term, all students in Year 7 have worked on becoming a ‘merciful friend’. The Pastoral Program has focused on enabling students to live the Mercy values and to make positive decisions in their relationships with others, therefore developing the compassion and respect that a merciful friend would demonstrate. Several opportunities and events this term have demonstrated that the vision of Catherine McAuley is alive and well in the daily lives of Year 7, including the ‘Circles of Mercy’ activity above.

Year 7 students did a wonderful job in their participation in Grandparent’s Day. From creating the flowers lining the walkways, to the bookmarks and performances in the McQuoin Centre, the care and consideration for their grandparents was evident.

Year 7 also threw themselves whole-heartedly into the Market Fair last week, raising funds for St Jude’s in Tanzania. Each homeroom had a different market stall to organise, and every student participated by bringing in supplies for their own stall and actively supporting other homeroom stalls. It was a great success for their first ever Market Fair.

In day to day life at Monte students are compassionate in their relationships with other students. The following students were recognised by their tutor and team teachers as students who especially demonstrate empathy and compassion towards others. Congratulations to:

Cooper: Isabella Simoni, Ella Fahy
Gilchrist: Kathryn Tucker, Sophie Tallentire
Kirk: Amelia Augmenti, Olivia Vercoe
Martin: Lara Smyth, Chloe O’Neill
Price: Phoebe Thompson, Francesca Dalbon
Richardson: Indiana Lomas, Amy Brayan
Treanor: Jessica Larkin, Kasey Fraccaro

Our final learner profile attribute leaf for the term is ‘Communicator’, to be awarded this week.

Catherine Mulvenna
IB MYP Project Leader
It is now only a matter of days before Monte undertakes its third immersion trip to Timor Leste. Sixteen Year 11 students will be accompanied by four teachers on the trip of a lifetime: not as tourists, but as visitors open to the experience of being immersed in the everyday lives and culture of the students and locals in Maliana, 200 kilometres from Dili.

On Wednesday this week, as part of our preparation for the trip, we were honoured with a visit by His Excellency Mr Abel Guterres, Ambassador to Australia for Timor Leste. Monte students undertaking the immersion trip in 2016 were able to hear Mr Guterres’ first-hand account of leaving Timor Leste in 1975, thinking that he might spend two weeks in Darwin, only to spend the next 40 years of his life living in Australia.

Mr Guterres described the close ties between Australia and Timor Leste that emerged during World War II, when Aussie soldiers were sheltered, hidden and cared for by the local villagers, in defiance of the Japanese onslaught. He described how the close proximity of our two countries make us regional neighbours, and how our students can be advocates for his country by learning about issues which continue to be of ongoing relevance, such as the dispute over maritime boundaries between our two countries.

We were so privileged to have Mr Guterres fly from Canberra to Sydney specifically to meet with our Timor immersion staff and students. His enthusiasm for our Immersion Program was infectious, and he was keen to catch up with us again either in Dili, or upon our return to Australia.

Deborah Brown
Manager, Library & Information Science
Mercy as the Essence and Inspiration of our Lives
Dear Readers,
Almost daily, I receive Words of Remembrance of a Mercy Sister who has died. They are beautiful tributes to women, most of whom I have never known. It makes me feel proud of these dear and courageous women, and very grateful to God and to the people who helped them flourish. It is a good preparation for meeting these Sisters in Heaven, and an inspiration to be Mercy led here.

Not all of us can be widely famous, but the deeds of every human being, whether completely hidden or well-known, have an indispensable role in bringing about the Reign of God on Earth. As it is simply written in Scripture:

“Whether we live or whether we die,
the life and death of each of us has its influence on all.”

(Romans 14:8)

In 2003, I was one of many Mercy sisters who benefitted from the benevolence of an anonymous donor. Last week, I thought of this again, when I heard of a man who openly claims his love for Sisters of Mercy! (It may be the same person!) He believes that, given the opportunity, they could turn the world around. Therefore, he will continue donating generously towards their ongoing education. I imagine this attitude would be extremely rare. The fact that it even exists, however, is just another proof to me of God’s tender mercy!

I remind you of Catherine McAuley’s words: “Mercy is more than charity: it not only bestows benefits but receives us anew, and pardons again and again even the most ungrateful.” And also: “Mercy is the principal path marked out by Jesus Christ for those who wish to follow Him.” Mercy is indeed the essence of the life of every Sister of Mercy, and the inspiration of all whose lives they have touched.

May I wish each of you quality time with your beautiful daughters during this coming Term Break. Thank you for sharing them with us!

Sr Lecia RSM
STUDENT SHOWCASE

These are the words that come to mind when I think about Community and Service at Monte. Prior to my captainship I only really understood the basics of how service operates at Monte. Twelve months later and I have certainly learnt more than I ever believed I could. Monte girls truly are extraordinary and their efforts to provide a better future for the marginalised and disadvantaged within our community truly is magnificent.

Reflecting upon the past few months, I have been touched by stories of true integrity and empathy. I would like to take this opportunity to share with you just a fraction of the incredible work of Monte girls.

Mia Mahoney - Standing up for Sisterhood

Mia is a champion of change for disadvantaged women worldwide. In the past two years she has organised collection drives for women affected by domestic violence and poverty, gaining a unique cultural understanding whilst actively contributing to the well being of women both in Sydney and Africa. Mia’s work truly is inspiring and her dedication to ongoing community and service, despite the demands of Year 12, truly is admirable.

Juliette Amate - Raising Awareness and Changing Lives

Juliette first approached me to discuss her ambitious Year 10 Personal Project which works to raise awareness of blood donations. Juliette and I met during the school holidays at a local cafe to explore how community and service could be integrated into her project. Three months later and Juliette has achieved more than I ever thought possible, signing up over 19 students to give blood during the school holidays. As a direct result of Juliette’s work 57 vulnerable lives have been saved.

Sophie Brennan - Walking the Talk - Building houses in Asia

For Sophie’s Personal Project, she felt compelled to hold a fundraising evening for Habitat for Humanity in Cambodia. The fundraiser was a true success and raised over $1300 from 60 generous attendees. Combined with online fundraising efforts, Sophie and her father have raised over $5,300 for the organisation and this Friday, alongside Sophie’s Grandma, will be traveling to Cambodia to build a house for a family in Battambang. The families have received pieces of secure land (4.5m by 8m), one of 82 plots, provided under the Urban Social Land Concession, a project facilitated by the Governor of Battambang in collaboration with Habitat for Humanity Cambodia. Sophie’s incredible work truly is changing lives of vulnerable individuals overseas whilst actively working to raise awareness within our community. Congratulations Sophie!

Sophia Wakeling
Community and Service Captain
UN Youth NSW Evatt Semi-Finals

Evatt is a model United Nations Security Council competition run by UN Youth NSW, a non for profit organisation designed to help high school students gain an understanding of how the United Nations works and give students an opportunity to try working through situations that the UN may face. Evatt involves teams of two competing in heats alongside teams of students from other schools.

This year Monte competed in a regional heat held at St Catherine’s Waverly. We were representing the delegation from Uruguay so our goal was to debate the issues presented from the perspective of our country. There were 13 teams in our heat but over the course of the regional rounds a total of 220 teams competed to try and earn a spot in the NSW semi-finals. Only 30 teams get a spot in the next round. This year we were successful so we will go on to compete again on 24 July. We are really thankful for this opportunity and would especially like to thank Ms Sanjay for her help.

Georgia Cooper and Caitlin Quinn
Year 10

Author Steven Herrick Speaks to Year 12 Standard English

The Year 12 Standard English class was lucky enough to have the author to their prescribed text, The Simple Gift visit Monte to talk about his book. The presentation was engaging and gave valuable insight into the central ideas of the text. Steven Herrick revealed his motivation for writing the text, based on part of his real life experiences travelling Australia when he was homeless as a young man. As students, we were able to ask questions about the book that allowed us to obtain a further understanding of complicated ideas. Overall, this experience was extremely helpful in comprehending our text which will prove useful in our upcoming trial and HSC exams.

Lucy Henderson
Year 10

I remember

I remember.
Everything, as though it was now.

The smell is as strong as my heartbeat
After running a lap at the park,
The sound is ecstatic,
Filled with laughter and tears,
The taste is light,
Just brushing my tongue.
The sight is beautiful,
Wishing I could see it all again.
The feeling I get when I think of everything,
My peaceful room, my majestic house,
my vivid street,
my powerful community and my proud country.
It’s the most amazing feeling in the world.

I remember the leaves falling from the trees,
The crisp when you stomp on them,

I remember the sky twinkling with city lights,
Disappearing when your eyes close.

I remember my country,
The happiest country,
Ireland.

Femhe Gallagher Year 8
SPORTS REPORT
NSWCCC Cross Country

Congratulations to the 11 Monte students who represented CGSSSA at the NSWCCC Championships last Friday at Eastern Creek. Top finishers Grace Kells (Year 7–12 Years) and Isabella Ward (Year 10–16 Years) have earned a place in the NSWCCC Team to participate and the NSW All-Schools Championships next term. Below are the results from the NSWCCC Championships:

12 Years - Grace Kells – 8th
12 Years - Ava Regoli – 35th
14 Years - Taylah Thompson – 33rd
14 Years - Emma Brown – 27th
14 Years - Emily Cleghorn – 49th
15 Years - Madison Ward – 39th
15 Years - Lucy Egelton – 34th
15 Years - Elena Murphy – 21st
16 Years - Isabella Ward – 7th
16 Years - Molly Quoyle – 21st
18 Years - Serena Dalton – 11th

IGSSA Basketball

Last week I reported on the fantastic efforts of Monte Basketball teams participating in the Term 2 IGSSA competition. I can confirm this week that Monte 1 won the Senior 1 division, Monte 2 won the Senior 1 division and Monte 4 won the Junior 1 division. Congratulations to all players and coaches involved - a wonderful effort. Please follow this link to see final results for the season - http://www.ahigs.nsw.edu.au/IGSSA/Sports/Term2/Basketball.aspx.

Aerobics

The Monte 1 and 2 Aerobics teams competed at the State Finals over the weekend in Sutherland. The girls performed very well. Coach Kate Weber was extremely impressed with their routines. Please see the photo on the next page of the Monte 1 girls showing off the recently implemented Monte 1 Aerobics leotard.

Monte 2 placed 2nd in their category- Secondary Open A.
Monte 1 placed 3rd in their category- Secondary Open.

#ITSOK2PLAY - you can make many friends playing sports.

From the Cross Country Captain

IGSSA

On 13 May Monte girls arrived at school bright and early for a long bus ride to Mittagong. Girls from Year 7 to 12 competed at Frensham school against 24 other schools racing in 3km, 4km and 6km events. IGSSA is our biggest carnival with up to 200 girls in each race. The start line for each race was packed with girls extending across a giant soccer field. Monte placed an outstanding 7th overall. All Monte girls performed exceptionally in each year group.

Some stand out results from the carnival:
- Grace Kells 8th (11-12 years)
- Ava Regoli 24th (11-12 years)
- Serena Dalton 16th (18+ years)

CGSSSA

Two weeks after IGSSA, on 27 May, Monte girls raced at our biggest event of the year. Although the competition was much smaller than the IGSSA carnival, the competition and course was just as tough. The day was full of excitement, Monte girls showing their true Montevation spirit cheering each other on and congratulating one another after their race. Top six finishers were invited to proceed to the next round, NSWCCC and 11 Monte students gained selection:

12 Years - Grace Kells, Ava Regoli
14 Years - Taylah Thompson, Emma Brown and Emily Cleghorn
15 Years - Madison Ward, Lucy Egelton and Elena Murphy
16 Years - Isabella Ward, Molly Quoyle
18 Years - Serena Dalton

Overall the Monte team had a fantastic day with the added benefit of doing so well. Monte Placed 2nd overall out of the 15 schools competing.

Balmoral Burn

Two days after the CGSSSA a bunch of keen Monte Runners were back at it, despite our muscles still being in recovery; we took on the Burn! Monte represented the school in the Intermediate and Senior team events. All our team members absolutely smashed it! Of the two teams we submitted, Monte Senior finished 8th and Monte Junior finished 11th. Well done girls!

Serena Dalton
Cross Country Captain
From the Basketball Captain

Monte 1 competed at the NSW CCC tournament on June 20-21 during the last week of Term 2. Although there were round games on the Monday where the team had ups and downs we won all our games - 35/34 v Holy Spirit Bellambi, 39/20 (v All Saints College), 46/15 v Marian College Kentshurst to move to the Finals on Tuesday.

Our Quarter Final was at 10:30am where we played Mater Dei Wagga Wagga and won convincingly 41-31. Our next game was then at 1:30pm against John Paul College which was close at the start but then we stepped up our game and ended up winning 49-35, meaning we had made it to the Grand Final.

We then played St Josephs at 3:00pm and it was a very close game the whole way. It got down to the final minute but unfortunately we lost by 5, 63-58 making it Monte 1's first loss of the year. The girls played extremely well the whole tournament and I congratulate them all on a fantastic Basketball year.

I’d like to thank Alysha Skeritt, Ali Gorman and Sam McKay for their help doing bench for our games. Also to Gail Henderson and Alex Delaney for coaching at the tournament and throughout the year. To all the parents for supporting Monte 1 Basketball during our season and finally to the girls for their amazing efforts. I can proudly say congratulations to the team and as the only Year 12 I look forward to next year to see Monte's achievements in Basketball!

Bree Delaney
Basketball Captain

From the Netball Captain

On Wednesday afternoon the long awaited McAuley Ward Cup took place. This is the annual netball game between Monte 1 and Loreto 1. With Loreto having the home court advantage this year, nerves were high for the Monte girls, hoping to retain the trophy after a very close win last year! Loreto’s bleachers were filled with each school’s supporters, loudly cheering on their team and creating an exciting atmosphere. After a fast start, Monte was ahead at quarter time. Yet by the end of third quarter Loreto had taken the lead by 2. In the final quarter, Monte came firing back and managed to secure a draw (30-30) in the final minute of the game! Congratulations to all the players, coaches, staff and umpires involved for an excellent match. A special thank you to all the supporters cheering on the team, your support was much appreciated.

Jacqueline Henville
Netball Captain
Hi everyone,

**Year 10 Parent function**

Year 10 parents celebrated their P&F social function last Saturday evening at Drink Better Wine in North Sydney. Reportedly a fantastic venue with lots of new connections forged. The P&F are very thankful for the amazing work that the Class Parents do to organise these events throughout year. The Year 11 function is next on the calendar at the beginning of Term 2, hope to see lots of you there.

**Cybersafety Information Evening - Susan McLean**

The P&F are delighted to be hosting both Monte and St Aloysius parents at our Parent Forum on July 26. Susan has an extensive background in law enforcement and Cyber Crime prevention. As a mother of three children, she is acutely aware of the issue of Cybersafety from a parental, school and legal perspective. She has worked almost exclusively with youths and the community for the past 17 years. She has also conducted significant research on the issue of Internet misuse and Cyber-Bullying. Her expertise in Internet crime and young people has seen her being sought after as a consultant. She has worked with police internationally, including the Dallas Police Department in the United States. She also provides advice and assistance to a range of key youth stakeholders including various government and non government bodies, adolescent psychologists, magistrates, counsellors and nurses.

**Booking details**

Date: Tuesday 26 July 2016 6.00pm  
Venue: Monte Sant’ Angelo Mercy College  
RSVP: Friday 22 July 2016  
Bookings: https://www.trybooking.com/LVQZ

Enjoy the change of routine with your family during the holiday break.

**Jenny Avvenevole**  
P&F Vice President

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**Dates for your Diary**

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Fri 29 July</td>
<td>Year 11 Parent Function</td>
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<tr>
<td>Tue 26 July</td>
<td>P&amp;F General Meeting</td>
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<tr>
<td></td>
<td>Venue: OR301</td>
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<td></td>
<td>Time: 7.00pm for a 7.15pm start</td>
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<tr>
<td>Tue 6 Sept</td>
<td>P&amp;F AGM</td>
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**Year 12 Mother Daughter High Tea Photos**
MONTE NOTICES
Announcing the Monte Book Discussion Group

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

The first meeting will be at the College on Wednesday 3 August at 11am. If you enjoy reading and discussing book and would like to join us for our fist ever meeting, please contact Jenny Uther at juther@monte.nsw.edu.au or on 9409 6294.

Music Notices

Congratulations to the 40 girls from Year 7 to Year 11 who auditioned for our first showcase! The standard was incredibly high making our decisions very tough. Please check the Performing Arts noticeboard outside the staffroom for the successful vocalists.

It takes two to talk!

Parent / Staff Language Program

The cultural journey that comes with learning a new language is both an exciting and rewarding experience. Children and adults alike can acquire a great deal of knowledge and opportunities. Despite these benefits, learning to communicate in another language can at times be challenging.

This term, a group of enthusiastic parents and staff participated in a fun and interactive Italian course, held after hours at Monte. The course was aimed at parents of Years 7 and 8, who followed a similar learning curriculum to that of their daughters. Through collaborative engagement and a practical approach, students were able to apply their learning to real life situations. By the end of term, participants were able to introduce themselves and others, say the date, describe how they are feeling, express likes and dislikes and order a simple meal. The shared learning experienced by parents and their daughters encouraged a more enthusiastic and motivated approach to holistic studies of Italian.

Next term the learning continues with a level two course. Parents of students studying Italian have the opportunity to take part. A basic knowledge of Italian is required. If you are interested, please contact Ms Maria Gaudioso at mgaudioso@monte.nsw.edu.au.
Monte Sant' Angelo Mercy College

IB Middle Years Programme Personal Project Exhibition

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

| DATE / TIME | Thursday 28 July 2016  
4:00pm - 6:30pm |
|------------|-------------------|
| VENUE      | McQuoin Centre   
Monte Sant’ Angelo Mercy College   
128 Miller Street, North Sydney |
| RSVP       | Thursday 14 July 2016  
Justine Losurdo @ jlosurdo@monte.nsw.edu.au for catering purposes |

Light refreshments will be served

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

INVITATION FROM MONTE SANT’ ANGELO MERCY COLLEGE

Monte Sant’ Angelo Mercy College
Parents & Friends
Cybersafety Information Session
TUESDAY 26 JULY 2016

Guest Speaker - Susan McLean

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

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

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

DATE / TIME

Tuesday 26 July 2016
6.00pm

VENUE

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

RSVP

Friday 22 July 2016
https://www.trybooking.com/LVQZ
Booking essential for entry

ENQUIRIES

Contact Rosemary Trenaman on rtrenaman@monte.nsw.edu.au

Light refreshments will be served. Please note, audio and visual recording of this event is strictly prohibited.
Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

“You’re okay. I’m here and I won’t be going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenaline that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

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.
“No work of charity can be more productive or good to society than the careful instruction of women.”

- Catherine McAuley

The Monte Bursary Blue Ribbon Appeal raises funds to provide a Mercy education for deserving young women. Your tax-deductible gift means more young women will benefit from a Mercy education. By being a donor you are one of many who are making our community stronger by ‘paying it forward’. Your generosity provides a growing body of gifts, where each gift adds up with the others to build a vitally important fund that keeps on giving year after year after year.

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