WHERE MERCY CAN TAKE US

MONTÉ MATTERS

16 SEPTEMBER 2016 / TERM 3, WEEK 9
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Dear Parents and Friends of Monte,

Today is an historical day of celebration for our community as we celebrate Mercy Day in this 2016 Year of Mercy. The highlights of the day included a special Mercy Day Liturgy followed by over thirty individually themed Mercy Workshops.

The Monte Community participated in workshops designed to discover the many paths that Mercy can take us on. Invited community leaders, advocates, staff and senior students, keen to share their personal experience of their paths, works and ministries of Mercy facilitated these workshops. In particular they shared the experiences of the people, places and projects that we can become engaged in when we follow the paths of Mercy. Here is a small sample of some of the workshops offered today.

“Mercy: The poor need help today not tomorrow” - Sr. Ailsa Mackinnon RSM, Executive Director from Mercy Works investigates the story of supporting refugees, responding to needs in PNG, Timor Leste, and beyond.

“The Law of Mercy” - Monte Alumni, Marianna Brungs, shared with students how the law can be used to bring about justice, ending violence towards women in India.

“Mercy Goes Shopping” - Scott Goddard, Founding Director of rrep explored the real cost to people and the planet behind the labels and the products we purchase.

“Mercy from the Olympic Marathon” - Olympic athlete and Monte cross country coach, Milly Clarke, shared her story of Rio and how students can apply the skills of long distance running to running the race of life.

May I wish all our community and especially our Sisters of Mercy North Sydney a “Happy Mercy Day”. Thank you for all the care, generosity and wisdom you share with us. For time and eternity, in the spirit of Catherine McAuley and Elizabeth McQuoin, may all of our lives continue to be shared and directed by what we believe, what we know and what we value as a Mercy community.

God Bless

Mrs Nicole Christensen
Principal
Kim Vandervelde
Head of PDHPE

“Mental wellbeing is the state in which the individual realises his or her own abilities, can cope with normal stresses of life, can work productively, and is able to make a contribution to his or her community.” WHO

Last week we had the opportunity to launch the inaugural Year 9 Wellbeing Camp, a new combined initiative between the Year 9 Pastoral team and the PDHPE Department. The purpose of the camp originated from a desire to build student resilience and wellbeing in a supportive and respectful environment, enabling students to increase their emotional intelligence and create further strong social bonds with the peers and tutor groups. The program focus was on positive effect; resilience; satisfaction with relationships and other dimensions of one’s life; effective functioning and the maximising of one’s potential.

The camp’s theme was Me, Us, Others with each day of the camp focusing on developing one of these different aspects of wellbeing. We were incredibly fortunate to have Layne Beachley AO, 7 times World Champion Surfer, as our first Keynote speaker and she was wonderful in setting the tone for the days and activities to come. She spoke to the girls of achieving to their own potential, being the best “me they can be” and starting with positive “I am” statements to build their sense of self.

Day 2 focused on Us - developing and maintaining equal and respectful relationships with each other. The girls participated in trust and communication activities with their tutor teachers, listened to a presentation from International Drug Education Australia and the night was capped off with a magnificent Tropfest style film festival designed by the students themselves, presenting films promoting health literacy on organisations and charities that can support young people in times of need. The final day enabled students to think outside of their own sphere on Others, providing affirmations of each other as well as investigating the meaning of culture and diversity in an Australian context. Hopefully the camp has provided each student with some tools and strategies to support themselves in different situations and face challenges more readily equipped in order to produce successful resolutions.
FROM THE HEAD OF PDHPE

Student Reflection:  
by Elizabeth Kells, Year 9

On the 7th of September all of the year 9 cohort embarked on a journey of discovery about ourselves, the year and our community. We were welcomed to the Merroo Christian Centre, Kurrajong for 3 days where we commenced our Year 9 wellbeing camp: Me, Us and Others. On arrival we immediately immersed ourselves into the spirit of the camp, beginning the day devoted to Me with an eye-opening story of self belief from Layne Beachley, 7 times World Champion Surfer. She revealed to us the power of setting goals and believing that we can achieve them and I trust that every single Year 9 student now knows that the most important two words in the English language are “I am”. The second day consisted of a focus on Us; the Monte Year 9 cohort. We began with an insightful spirituality session that allowed for personal reflection on how we can support the entire year group as we continue the last few years of our Monte journey. After this, we began an informative session with Tom Reynolds, discussing the experiences we will be exposed to involving drugs and alcohol as we grow older. He informed us of how we can be there when our friends need us the most and what to do in situations that put our safety at risk. On our last day, we concentrated on the notion of Others. Suzie, from the Butterfly Foundation, made us aware of the expectations of us as young women that are present in our society and showed us that we need to stand together and not be afraid to be ourselves. Throughout the camp we also took part in a variety of activities that we chose ourselves, ranging from arts and craft to self-defense. This allowed time to focus on ourselves or to work together as a team, truly enforcing the message of the camp: Me, Us and Others. Each day we also took part in a reflection that enabled us to contemplate the focus of the day and how we can use it in our lives. However, I think that one of the highlights of the camp for all us was the dance session, in which a group of hip hop dancers came to teach us routines and finally have a hip hop battle. Overall, the camp was a success and it was such a great experience for us to relax and create connections as a year group. Many memories were made that will never be forgotten and I would like to thank Miss Nicoll, Miss Ramundi and Mrs V as well as all of the Year 9 Pastoral and PDHPE team for the planning and coordination that went on behind the scenes to make it such a successful experience. I am sure that all of Year 9 will remember Hilton, Miss Smith’s dance moves and Miss Bower’s burpees for a very long time.

On Wednesday this week, September 14, we celebrated National Health and Physical Education (HPE) Day. The day aimed to highlight the importance of HPE and impact on learning potential and wellbeing of all children, the benefit to all schools, and the valuable contribution to the wider community. The theme, Good for Children, Good for Schools and Good for Communities, is being celebrated over three years, and the 2016 event focused on how HPE is ‘good for communities. We have registered Monte as a participating school and promoted good health to the wider school community throughout the day. There were activities run at lunchtime such as handball, skipping and basketball shooting and a Healthy Quiz in ACTA during homeroom time. It was terrific to see students get into the spirit and be active during school time.

As the term quickly draws to a close, I would like to acknowledge our Year 12 students and wish them every success as they move towards their HSC and IB examinations and life beyond Monte. The students, and their teachers - Miss Salier, Miss Davidson, Miss Hogg and Mrs Kelly have worked hard to ensure they are all well prepared and ready to take on their final challenge. All the best, girls!
Last week, I attended the Twelfth Annual Bonhoeffer Conference. We had overseas Professors and local Scholars to present this year’s topic: “Bonhoeffer’s Worldly Christianity”.

Who is Dietrich Bonhoeffer? You will find answers on the internet. Suffice it to say here, he was a young, Protestant Lutheran Pastor and Theologian, whose active resistance to the policies of Hitler and Nazism cost him his life.

Listening to the expositions of Bonhoeffer’s beliefs, practice of prayer and reception of Sacraments, including oral confession, I thought he was more closely allied to Catholic Christianity than to any other. He was an ecumenical leader of his times. One day he may be named the “First Ecumenical Saint”!

Bonhoeffer’s quest was to rediscover the true meaning of Christian Faith. In the disturbing events of world history in his time, he would ask: “How is Jesus the Christ for us- for me - today?” He was aware that the “Soul” of society was fading away, and that “Conscience” was fast becoming a form of self-justification among Church leaders.

To counter this situation, Bonhoeffer was drawn to The Sermon on the Mount (Matthew 5 and Luke 6), considering obedience to it essential to live in Christ, to follow Christ.

A Christian is called to be engaged with and shaped by the needs and events of our world.

We weep with the weeper, and rejoice with the joyful. However, Earth is not our permanent home. What we need is patience to endure and wait for what is to come, without knowing exactly what. Meanwhile, we find joy and strength where we are in a holy, “Worldly Christianity”.

We meet God in those who confront us. The Civil Rights Movement grew out of the Black Church, not the White Church. With Bonhoeffer, we ask: “Why is there poverty? Why are there wars?” He said, “We Christians must get our act together and recognize that every individual matters. There is no economic justice in creating an ever-increasing flood of refugees”. In his day these were the persecuted Jews; in our day the many other displaced peoples.

Bonhoeffer’s concept of “Worldly Christianity” also reminds us there is a personal relationship between God and man, and that the presence of the resurrected Christ is among us. Finding our place in this process of Sociality with God and one another is a work in progress.

Bonhoeffer believed we must take charge of our own lives, rather than seek refuge in “submission to God’s Will”. He thought God assents his “YES” to ours, and affirms our efforts. He imagined each of us as a bridge between generations and oral tradition, and he considered the Church responsible for bringing us the word of reconciliation and redemption. It seems to me, Pope Francis is following much the same path as Bonhoeffer.

I leave you with this sketchy interpretation of Bonhoeffer’s “Worldly Christianity”, and a wish that we do not become “so heavenly-minded that we are of no earthly use to anyone!”

Sr Lecia RSM
Year 12 IB Theatre Performance Night

The Year 12 IB Theatre course requires students to complete four major assessments. In the ACC Theatre, on Thursday evening, September 8, the Year 12 IB Theatre students completed the performance component of their final assessment. They had researched a significant Theatre Theorist and then explored practically an aspect or aspects of theory in order to present a Solo theatre piece. The students presented their work to a highly supportive and enthralled audience of family, friends, the Deputy Principal Mr Joe Galletta the Principal Mrs Nicole Christensen. The talent evident in, and variety and scope of the students’ work engaged the audience and challenged perceptions and experiences.

The students’ performances were enhanced by the technical expertise of Mr Michael Twomey and Miss Kiya Siuz working on Light and Sound, and Mr Thomas Galletta who filmed all the pieces. Mr Tom Lee provided oversight of the evening and Mr Primrose Heaney provided support and logistical assistance.

The students and I would like to thank all those who have supported Year 12 IB Theatre in myriad capacities over the course of the programme.

Congratulations to Molly Ryan who received an A+ in her 3rd Grade AMEB Classical Voice exam. Well done!

Leonie Quinn
Teacher of Theatre

Public Speaking News

Last Friday Adelaide Hayes (Year 9) represented the College in the State Semi Finals of the Legacy Public Speaking competition, where she delivered a prepared speech about the teaching of Indigenous languages in schools. Adelaide developed a speech with only 5 minutes on the topic ‘End of the Line’, talking about the media and important voices that get neglected in discussions on a range of national issues. Having made it to the NSW Semi Finals, Adelaide was one of the top 24 speakers int he state for this competition.

Alex Cullen

Debating News

Last night was the final debate for the Representative Debating season, of which Monte has 2 girls on the 12 girl squad, Katrina Milliner (Yr 12) & Georgia Cooper (Yr 10). After some tough competition against the Combined High schools (CHS), Greater Public Schools (GPS) & Combined Associated Schools (CAS) teams, the Association of Heads of Independent Girls Schools (AHIGS) team was victorious to claim first place! The AHIGS team have not taken out the first place since 2009, so this is a huge feat! Photo attached of the girls with the trophy.

In addition to the above, our Senior B team is in the Grand Final tomorrow evening for the Sydney Debating Network (SDN) competition. The team consists of Grace Morahan (Yr 12), Katrina Milliner (Yr 12), Jasmine Robertson (Yr 11) & Georgia Cooper (Yr 10). The debate will be held at Stella Maris commencing at 7:30pm for those interested in watching.

Thanks again to everyone for your support of Debating.

Natassja Sanjay
Netball Grand Finals

Monte 51 & 53 were rained out on their scheduled Friday evening matches a few weeks ago so played their Grand Finals last Friday night. Both teams performed well with special congratulations to the girls from Monte 53 who were crowned premiers.

At the NSNA presentations last weekend several Monte staff and students were recognised with awards for their efforts in 2016. Congratulations:

- Monte Head Netball Coach Tania Dorahy was awarded the inaugural “NSNA Club Coach of the Year”;
- Year 9 student Maddie Barraket was awarded Junior Umpire of the Year for all of Norths Netball Association;
- Year 10 student Anais Simo-Dzumgang was awarded Representative Player of the Year for all of Norths Netball Association;
- Year 12 Student Kate O’Sullivan and ex-student and current Monte umpire mentor Liz Russel were both recognised for achieving National B Badges during the season.

Monte 1 bowed out of the IGSSA Senior 1 Division semi finals on Saturday with a tough loss to Pymble. Monte 18 have also been playing in the IGSSA competition in the Senior 2 Division and head into their Semi Final match this Friday afternoon against New England Grammar School undefeated. The winner will progress to the Grand Final the following day at 10am.

Touch Football Refereeing Opportunity

Monte has made a commitment to contribute to the touch football refereeing ranks at Easts Touch and are starting with an opportunity for 15 students to receive training at a special course next Tuesday. Please see the email from Mr Rowan if you are interested.

Congratulations

Year 9 Students Natasha Augustus and Isabella Shaw who were awarded as Rangers Coaches of the Year for their efforts coaching primary students at their local netball club.

Good Luck

To the 18 Monte students representing the College at the National Aeroskools Championships in Bendigo today.

#ITSOK2PLAY – there are many roles you can fill in sport from playing to refereeing to coaching to managing.

Stuart Hanrahan
Sport Program Manager

From the Dance Captain…. 

Showcase Evening

On Friday 26 August, Monte held their annual Dance and Aerobics Showcase Night. This involved all the dance and national aerobics teams performing, some for the first time, to all their friends, family and other people in the Monte community. It was a big success and the girls really enjoyed showcasing their talents to their families and peers.

Hills Dance Spectacular

Both the Jazz and Contemporary A and B teams then competed at the Hills Dance Spectacular the following Sunday in Dural, which was a very challenging day for most girls. This was the first time the B teams competed, and they performed tremendously. Unfortunately none of the teams placed, however it was a good performance experience for all our dancers.
CGSSSA Dance

Last Wednesday 7 September, Monte hosted the CGSSSA dance competition, where 16 schools came and competed with exceptional routines. Overall the day was a huge success and a great experience for everyone. Monte was fortunate enough to place in two sections with both Jazz and Musical Theatre teams coming second! This was the first time Monte has placed in two sections in this competition for over a decade, making it a truly outstanding achievement. A well deserved result, particularly for the Musical Theatre girls, as this was the first time they competed in a competition. The contemporary team placed sixth out of 15, and Hip Hop placed seventh out of 12, also their first time competition.

I would like to thank all the dance coaches this year for putting together some amazing routines and encouraging the girls throughout the entire year. Your hard work and dedication has truly paid off in what has been the most successful year for dance since I’ve been at Monte. I also want to thank the sports department for putting together the CGSSSA dance competition. There was a lot of organization and planning that goes into the successful running of this event, which is really appreciated.

I have been privileged to dance among such amazing and talented girls this year, and I know myself and the other year 12 girls will miss the energetic and outgoing dance teams that Monte has offered for the last six years.

Grace Newman
Dance Captain 2015/16

From the Tae Kwon Do Captain

Last weekend on September 3rd, ten Monte girls represented the Taekwondo Squad at NSW State All-Schools at Riverview. This challenging tournament is a great opportunity for the girls to experience the Olympic sport in a controlled and safe environment, matching each girl with someone of a similar height, weight and experience.

The tournament plays with modified rules, protecting from head kicks and with a 7-points ahead rule, providing for fast, enjoyable and safe matches. It is a great opportunity for the girls to experience Taekwondo tournaments, with most other sparring tournament being restricted to black belts only. We saw a great increase of participation from recent years, with girls from yellow belts, all the way to black belts, year 7 to year 12. We saw great success in the tournament, winning many gold, silver and bronze medals. The black belt year twelve students, Sarah Binney and Katrina Milliner, in particular, won their final gold medals for Monte.

This event is not just a great experience for the sport, but a great opportunity to come together as a team, as we all help to put on each other’s protective gear and we all support each other on the sidelines. The entire day is an experience - both mentally and physically - but we were all super excited and motivated to do our best and kick our hardest. We would like to thank our coach Paul and Wylie Taekwondo for preparing us for and actually organising the tournament. The focus is now on technique as we move towards our end of year grading, with three girls going for their black belts. Taekwondo is on Monday afternoons in Mercy Hall, anyone is welcome to come and try it out - we don't bite (only kick).

Katrina Milliner
Tae Kwon Do Captain 2015-16
MONTE NOTICES
From The College Shop

Year 9 Senior Summer Uniform Outfitting

The College requires students entering Year 10 to purchase a senior school summer uniform for the school year commencing 2017. This uniform comprises of a senior top and senior suit skirt.

Each homeroom has been scheduled to be fitted for their senior uniform on the dates listed below. Please come to the College Shop from 7.30am onwards. Your homeroom teacher will be here in the shop to mark the morning roll after the fitting.

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<tr>
<td>October 11th</td>
<td>Xavier A</td>
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<tr>
<td>October 12th</td>
<td>Xavier B</td>
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<tr>
<td>October 13th</td>
<td>Aquinas A</td>
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<td>October 18th</td>
<td>Aquinas B</td>
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<tr>
<td>October 19th</td>
<td>McAuley A</td>
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<tr>
<td>October 20th</td>
<td>McAuley B</td>
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<tr>
<td>October 25th</td>
<td>McGuirk A</td>
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<tr>
<td>October 26th</td>
<td>McGuirk B</td>
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<tr>
<td>October 27th</td>
<td>McQuoin A</td>
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<tr>
<td>November 1st</td>
<td>McQuoin B</td>
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<td>November 2nd</td>
<td>Rankin A</td>
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<tr>
<td>November 3rd</td>
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Please note that the College Shop will be closed to all other students before school on these outfitting dates.

Faulty Blazer Piping

Some blazers that were purchased over the past 2 years have a fault with the piping. Our supplier is aware of the problem and will repair the blazers at no cost.

If you purchased a new blazer in the last 2 years and the piping is coming undone, please return your named blazer to the College Shop for repair in the last week of this term – PLEASE NOTE THAT YOU WILL NEED YOUR BLAZER FOR YEAR 12 GRADUATION. The blazers will be repaired and returned for the start of term 4.

Help needed

This year, new students for Year 7 and post Year 7 are being outfitted during term time. If you can help on the following dates between the hours of 8.00am and 12.00pm please contact Fiona or Nikki at the College Shop (9409 6256 or fell@monte.nsw.edu.au).

7, 8, 10, 14, 15, 17, 21, 22 and 24 November 2016.

Morning tea and lunch will be provided.

Staff changes

We have a new Manager of the College shop, Fiona Ell (9409 6256 or fell@monte.nsw.edu.au). Niki is staying on in the assistants role working Monday and Wednesday and Jan will be reducing her hours, but staying around to help in many areas around the campus as a casual. The shop opening hours will remain the same, Monday to Thursday 7.30am to 1:30pm.

Lost Property

Lost property will be sorted through at the end of term. Any unnamed items will be donated to the Clinic or St Vincent’s or disposed of as appropriate.
Annual Debating Awards October 2016

Each year the Debating Awards Evening acknowledges teams, coaches and students’ hard work and commitment throughout the year. Awards are given out to recognise improvement and outstanding achievement.

In 2015, we launched the first ‘Debating Moms’, a mockumentary based on the hit reality TV Show ‘Dance Moms’. Episode 2 will be launching on the night.

Who: Any girl who participated in any of the debating competitions/programs at Monte in 2016 (ISDA, Archdale, RQ, SDN & Development squads) & their families.

When: Tuesday 11th October (second day of term 4).

Where: McQuoin Centre, Monte Sant Angelo Mercy College, 128 Miller Street, North Sydney.

Cost: $25/adult, $20/child or student or $80/family of 4, debating students need not purchase a ticket, a nominal fee will be charged to your school account.

Dress: All girls are to wear full summer uniform including College blazer.

RSVP: Via TryBooking by Tuesday 4th October at www.trybooking.com/227411

For more information: Please email Tash Sanjay - nsanjay@monte.nsw.edu.au

Program
6pm - Drinks & substantial canapés
7:15pm - Formalities
8:15pm - Dismissal
MONTE P&F ANNUAL GOLF DAY

Come and join current and past Monte parents for a great day of fun golf and prizes!

Book as an individual, arrange a group or bring a friend.

Date: Friday 28th October 2016 – 8.00am for 8.30am tee off
Venue: Northbridge Golf Club, Sailors Bay Road Northbridge
Competition: 4 Ball Ambrose

Cost: $60 per player including light lunch (Carts available - contact Northbridge GC)
Bookings: www.trybooking.com/MPHL
Contact: Samantha Parker fdalbon@bigpond.net
2 X NRL GRAND FINAL GOLD MEMBERS TICKETS
To assist the amazing work at The School of St Jude in Tanzania, I am offering 2 ANZ Stadium Gold Member seats to the 2016 NRL Grand Final on Sunday, 2 October 2016. These tickets are valued at more than $500 but can be yours for the price of one raffle ticket - just $10! For an even better chance perhaps you’d like to purchase 3 tickets for just $20. For a greater chance again purchase as many tickets as you’d like. You’ve got to be in it to win it as they say so go on - be in it - just do it!

To purchase tickets - www.trybooking.com/MHDN

The raffle will close at 9pm on Friday 11 September giving the lucky winner 3 weeks notice of their win in advance of the Grand Final.

Please purchase generously as every cent will make a significant difference to the children of The School of St Jude. www.schoolofstjude.org

Thank you so much,
Georgia Cooper
10 Aquinas B, Monte Sant' Angelo Mercy College

St Joseph’s College Dirty Rotten Scoundrels Musical 2017
Auditions - 19, 20, 21 September

Monte girls have been invited to audition for St Joseph’s College Dirty, Rotten, Scoundrels. Auditions are being held at the Drama Room, St Joseph’s College on Monday 19, Tuesday 20, and Wednesday 21 September 2016 between 6 – 8 pm. The musical will be performed on Tuesday 9 and Friday 12 May 2017. Rehearsals will be held Thursdays 6-8 pm and Saturday afternoons from 2.30-5.30 pm.

All interested students should collect an audition leaflet and permission note near the Performing Arts Noticeboard. Please note that only students who submit a completed green permission note will be allowed to audition. If you do not gain permission from all parties, you will not be able to take part in the show, even if you are offered a part, so prompt return of the green form is required.
Parenting Ideas Insights

Building parent-school partnerships

WORDS Sarah Wayland

Helping kids focus in the age of distraction

Finding ways to turn your kids from flitters to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid’s capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s belief is that ‘Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.

But the new normal for young people continually interrupts their focus with distractions.’

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our own homes and in classrooms ‘we now have young people who are experts at ‘flittering’ from one device to another’ and she refuses to take a defeatist approach because without refocusing those ‘flitters’ to ‘focusers’ who risk the next generations creative or scientific masterminds we risk losing children who are able to ‘sit still and agnostic over a task long enough to see it through to its marvellous end’.

Tips for helping kids maintain focus and attention

1. Build your child’s focus
As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: ‘It’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.’

2. Remember it’s all about the journey
Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flitting’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3. Keep calm and focus
Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children’s world by identifying exciting technologies but they also provide avenues to ‘opt out’ of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.

Sarah Wayland

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.

parentingideas.com.au

© 2018 Michael Grose
MONTE DOES

Broadway

A SHOWCASE OF MANY
FAVOURITE BROADWAY HITS
PERFORMED BY OUR
MONTE GIRLS

THURSDAY 13 OCTOBER 2016
ACC THEATRE - 7PM

TICKETS $15
AVAILABLE THROUGH TRYBOOKING.COM/MKGE

Monte Sant’Angelo
Mercy College
Come and join in the fun at Jesuit Mission’s Indian Bazaar.

**Sat 17 Sep**

8:30am – 4:30pm

**St Ignatius’ College, Riverview**

Tambourine Bay Rd, Lane Cove

This annual fundraiser supports Jesuit Missions’ work helping the poorest communities in more than 10 countries.


www.facebook.com/jesuitmission