Dear Parents, Students and Friends of Monte Sant’ Angelo

I am reading a book about the life of Catherine McAuley at the moment and I discovered something that fascinated me, which I shared with students at their respective Awards Ceremony. Catherine McAuley would tell the nuns and novices and urge the community to dance every evening. When reflecting on this, what I believe she was saying is that it is very important to celebrate, do it often and as a community. We have much to celebrate this year with Ms Alcock continuing to recover and on Friday of last week and today, we have been celebrating the achievements of students in academic, spiritual and cultural pursuits. The most important aspect of these Assemblies is for each student to reflect on their individual achievements. It is wonderful to be recognised for accomplishments in ceremonies such as these, it is equally important for students to reflect on what they have learned this year and to celebrate their own personal victories, just as Catherine McAuley asked her community to do.

Senior School
Blue and Blue Scholarship 2014/15: Jasmine D’Arcy
Dux of Year 10: Charlotte Haunton
Dux of Year 11 HSC Preliminary: Sandra Kanjian
Dux of 11 IB DP: Sophia Shatek
A Message from Catherine Alcock ....

2013 has sprinted to a conclusion - a very forgettable year for me personally. In sickness and rehabilitation (I have been home for seven weeks), I have terribly missed being part of the vibrant Monte community: the creativity, energy and spirit of the girls, the good cheer and innovation of staff and the positive commitment and participation of parents.

The season of Advent brings light and hope. I anticipate further success for the Class of 2013 with the HSC results release in a few weeks and the IB DP results in early 2014. Thank you to the staff, Mrs Christensen and students for continuing the fine quality of education in the Mercy tradition through 2013. I hope Monte families have a happy and safe Christmas/New Year break and wish students and parents the joys and blessings of the Christmas season. I look forward to re-joining the Monte community in an effective capacity in 2014.

Catherine Alcock
December 2013

Middle School
Dux of Year 9: Katrina Milliner
Dux of Year 8: Danielle Stephenson
Dux of Year 7: Madison Ueland

I would like to acknowledge the selection of Harriet Gilson (Year 9) in the NSW All Schools 15 Years Volleyball Team. Unfortunately Harriet’s achievement was not recognised at the annual Sports Awards Dinner last Wednesday evening so I would like to take this opportunity to do it now. This is a wonderful achievement as Harriet was selected from all Catholic, Public and Independent schools in NSW.

As this is the last Monte Matters for 2013, I take this opportunity to wish all College families, blessings and joy for the Christmas and holiday season. I look forward to the new beginnings for the College in 2014. As the academic year concludes, we begin a new liturgical year. We rejoice in light, life and hope, let us continue to dance every evening as a community and it is with much joy that I finish this year with a message from Ms Alcock.

Nicole Christensen
Acting Principal

Final Day for 2013
Best wishes to all Students, Staff & Families for a Safe & Happy Christmas
The College welcomes new students on Tuesday 28 January 2014 and Years 8, 9, 10, 11 & 12 on Wednesday 29 January 2014

Catherine Alcock
December 2013
From the Acting Deputy Principal Curriculum

First of all, when reviewing the academic year, congratulations must go to all the students who received awards for Academic Excellence or Commitment to Studies at the Awards Ceremonies held over the last two weeks. While these events sometimes may seem long and not terribly exciting, (especially on a warm summer’s day such as today), they are a wonderful affirmation of all the effort put in by students, the guidance of their teachers and the support of parents. Such opportunities to come together also enable us to reflect on the events of the year and show gratitude with speeches, presentations and through the sharing of an end of year Mass. Throughout these events the sense of community and celebration at Monte is strong and thanks go to all the organisers and contributors who ensured that they were successful.

As is often the case, as the metaphorical ‘doors’ to the 2013 academic year are closing, those that lead into 2014 are being thrown open. Students have made subject choices for next year, timetables and class allocations have been finalised, diaries and calendars published. In addition, teachers have finished reviewing and developing teaching programs for 2014, based on the syllabus and subject guides from the New South Wales Board of Studies, the International Baccalaureate Organisation and the Sydney Catholic Education Office. This is a complex process, as it requires integration of the different curricula requirements and considered choices of topic options and resources, all culminating in careful planning of effective teaching/learning activities and authentic assessment tasks.

In 2014, programs in four subjects at the College: English, Maths, Science and History, will implement the Australian Curriculum in Years 7 and 9, as part of an ongoing process nationally to “realise the goals set out in the Melbourne Declaration on Educational Goals for Young Australians (MCEETYA 2008), that all young people in Australia should be supported to become successful learners, confident and creative individuals, and active and informed citizens.” (ACARA 2012)

Two dimensions of this curriculum are the General Capabilities and the Cross-Curriculum Perspectives as outlined in the chart below. Importantly, these capabilities and perspectives are not intended to be ‘add-ons’ to the curriculum. Rather they are to be integrated and embedded within the learning areas. While some aspects will need to be explicitly taught and conceptual understanding developed, the capabilities and perspectives can also be addressed implicitly, offering opportunities to add depth and richness to student learning.

At Monte, many of these capabilities and perspectives are already well embedded in our ethos and practices and can be linked directly to key elements of the IB Middle Years and Diploma Programmes that we have been delivering since 2007. In 2014 we will be continuing our focus on contextual and skills based learning, particularly Critical and Creative thinking, ICT capabilities and Asia and Australia’s engagement with Asia. We look forward for instance, to facilitating our first Timor-Leste Immersion Trip and hope to facilitate on-line ‘Flat Classroom’ Projects with other schools globally.

Other interesting curriculum developments, such as the “Learning through Languages” Review by the NSW Board of Studies and the opportunities bought about by the MYP ‘Next Chapter’ review, will also be part of our work next year, and ensure that the College continues to work towards its strategic goal of Leading 21st Century Learning.

We look forward to seeing all students and staff return safely and re-energised in 2014, after a happy and relaxing summer break.

Michelle Stocks
Acting Deputy Principal Curriculum
Term 4 is always a busy Term for the HSIE Department. Week 1 of the term sees the Year 9 HSIE Camp take place in Canberra. This is a mandatory activity that allows the students to develop knowledge and understanding about democracy, civics and citizenship. The Camp is indirectly related to a number of HSIE subjects (Commerce, Geography and History) and also provides time for pastoral-based activities. The Year 9 students this year were impeccably behaved and demonstrated a great deal of engagement with all activities/events. All venues used in Canberra, including accommodation facilities (Gold Creek Resort) and Transport Company (Murrays) spoke very highly of our Monte students and their manners and responsible and considerate behavior. These comments are also a reflection of our wonderful Monte parent community.

The Year 7 HSIE students are coming to the end of their first year at secondary school, that is for many, the first time they have experienced being taught Geography and History as two different disciplines. Term 4 has seen a number of students participate in numerous activities such as:

A) National History Challenge.
This competition is a joint venture by the Australian Government and the National Archives of Australia and consists of students researching and creating an essay on a particular theme of History. This year the theme was “Legends, Fact and History”. See extract following.

B) Sydney Olympic Park Wetlands.
This excursion the students were involved with experiments and research related to the functioning of Wetlands as a global environment. With the recent weather events the wetlands were indeed wet!

Next year sees the National Curriculum being implemented into History programs for both Year 7 and 9. In Year 7, students will be exploring topics such as Ancient Egypt and China. In Year 9, students will explore topics such as the Industrial Revolution and Australia at War. This change in curriculum provides opportunities for us to take a more balanced approach to History case studies and focus on examples from both the European and Asia/Pacific regions. This also provides for greater integration between the national and international curriculum that is delivered at Monte.

Students studying HSIE subjects in Years 7-10 are involved in rich and authentic learning activities that at times some students find quite demanding. This may be part of the recent increase in students submitting work in Years 7-10 that is not academically honest. Please encourage your daughter to seek help from her HSIE teacher and use the Library Study Centre for more support when completing assessment tasks.

Ms Debbie Kidd
Head of HSIE

National History Challenge Extract: “The importance of separating the Past from the Legend”

“If we look at the story of King Arthur and his Knights of the Round Table, we see a story widely believed to be fiction but is rooted in some small truth. The truth in this case is of the behaviours and hierarchies of the people of the time. Legends have a great appeal to them, as they are grand, exuberant and exhilarating to read. When reading stories that are direct accounts of the past it can be incredibly hard to accept these as fact and to not put our faith in legends that hold excitement.”

Georgia Cooper
Year 7

ICT HSIE: Plagiarism In The Technological Age

Today’s youth have been described as the cut and paste generation. Consuming vast amounts of information on a daily basis means it is easier for students to cut and paste slabs of text rather than create summaries of information using their own words.

Many parents have no doubt heard of Turnitin, an ICT tool used to assist students to detect plagiarism in their own work. Turnitin checks the submitted paper against text stored online, however, like any other tool or checking device it is not fool proof and is no replacement for a teacher’s keen eye. HSIE teachers have recently become aware of students manipulating the Turnitin report by changing the filtering settings. This is academic dishonesty and incurs consequences and penalties of zero in Years 10-12. Therefore students must be diligent in checking their own work and avoid manipulating the settings.

There is no short cut to composing a well written, researched and focused essay or report. Honesty is a highly valued trait and students who give their best effort to a task despite the result, are demonstrating personal integrity and resilience.

More information about the College’s Academic Honesty Policy can be found on the College website and in the student planner.

Jessica Williams
HSIE e-Learning Facilitator
Hairspray
All the designs for the costumes, hair, etc are really progressing, and set construction will start in the January holidays. If you feel you could contribute in some way towards the building of the set in the week of January 13-17, please email Adrian Johnston ajohnston@monte.nsw.edu.au.

Congratulations
Congratulations to Charlotte Lemon, Year 10, who has successfully auditioned for a role in "Guys and Dolls" the 2014 Marist College North Shore Musical. Well done, Charlotte.

Sarah Thompson
Head of Performing Arts

Drama
Year 9 Drama students took their theatre skills 'on the road' this week forming their very own Travelling Theatre in Education Troupe. The girls finished their first semester of Drama studies by playbuilding original performances for four and five year olds, teaching important lessons on road safety and washing your hands.

Karen Partington
English and Drama Teacher

Visiting both St Mary’s and St Thomas’, the girls and their young audiences thoroughly enjoyed the experience. This was a wonderful way to explore the power of theatre in education.

Christmas Concert
Congratulations to all the girls in our Choral, String and Orchestral Ensembles on your performance in the Chapel last Thursday night. The audience was treated to a wide variety of high quality repertoire. Special thank you to our Ensemble Directors, Nicholas Tester, Maryanne Coyle, Samantha Ellis, Sarah Thompson and Anna Manchester. Well done to all involved!

Music Academy Registration
A reminder that all pink Music Academy registration forms must be completed and returned by next week for students wishing to continue lessons in 2014.

Andrew Young
Head of Music Performance
2014 Textbooks

By now all students have received a printed copy of their 2014 textbook list. Monte’s official bookseller is Better Books, based in Gladesville, and the lists have been pre-loaded on their website for easy online ordering at: http://www.betterbooks.com.au/

However, if you wish to buy the books from elsewhere, copies of the lists which include each text’s ISBN number are available on Monte’s website.

Please also see the attached information about buying and selling second hand texts via the Sustainable School Shop.

Deborah Brown
Manager, Library and Information Science

Bush Fire Appeal

We would like to thank the Monte Community who contributed so generously to the St Columba’s Bush Fire Appeal.

At last week’s Assembly we presented a cheque for $8,600 to the Principal of St Columba’s Springwood, Ms Delma Horan. Two Year 10 St Columba’s students told the Assembly how grateful they were to the Monte Community for our concern, prayers and generosity and that the money would go a long way to supporting those families who lost so much during the bush fires.

Sr Carmel

Connecting Classrooms

Modern technology is constantly creating new ways to reinvent traditional Language learning. Teachers in Language classrooms around the world are gaining access to new tools to bring authentic interactions to their students.

Students attending the Italian Language and Culture Tour have been exchanging emails with their EPal at the Scipione Ammirato High School in Lecce. Before spending two days in this Italian High School, students have had the opportunity to conduct a Video Conference via Skype, a first for the Languages Department! Despite a few technical difficulties, the Video Conference allowed our Monte students to meet their EPal, as well as the English teacher, Professoressa Salamina. Our Italian friends presented us with a warm welcome and expressed their excitement in seeing us in a matter of weeks. We too look forward to this unique experience and are eager to share the Australian culture with our new friends.

Maria Gaudioso and Annalisa Ramundi
Language Teachers

Monte Italian Tour 2014

29 students and four teachers will be in Italy for three weeks in January.

Follow our journey through our Blog.

There is a subscribe option available on the front page. Just enter your email address there to receive updates directly to your mailbox.

BLOG address:

http://monteitaliantour2014.edublogs.org/
The College and the P&F are delighted to inform you that we will be continuing our initiative to provide parents with the ability to trade second-hand textbooks online via the Sustainable School Shop http://www.sustainableschoolshop.com.au/. The College is conscious of improving recycling levels and assisting families with book purchases. The Sustainable School Shop is an online service that has developed a second-hand textbook trading system to match buyers and sellers of second-hand textbooks. Find it at www.sustainableschoolshop.com.au.

Over the past 12 months, 376 Monte families registered with and used the service.

- Trading of your textbooks can occur at any stage through the year
- You can buy/sell textbooks to parents within the College, but you also have the option to deal with parents from other schools across NSW and Australia
- You can post ads to show which books from the College booklists you would like to buy as well as posting ads for books that you have for sale

**Cost**

To place a single advertisement the cost involved is $1.95, or purchase an unlimited annual Family Membership for $19.95, providing full access to the second-hand textbook trading system for a year, covering all your children (including those at other schools). Membership provides you with an ad-matching service for sales and purchases, using the Monte booklists, which are pre-loaded on the site.

**Support**

Enquiries should be directed to the Sustainable School Shop, on 1300 683 337.

**Important points to note when buying and selling texts**

- It is the buyer’s responsibility to ensure that if a book was originally sold with a CD, that CD is included with the second-hand book being purchased. Replacement CDs are not always available from publishers.
- Parents who purchase books which include access codes for online access to additional course material should contact each text’s publisher before the purchase is made to find out if a cost is involved in reactivating the access code for subsequent purchasers. Publishers deal differently with online access in relation to second hand sales. Some codes are valid for 12 months, some for 24 months; the cost of a new access code may be as little as $10, or up to 30% of the retail price of the book. We recommend that you contact the publisher to confirm if online access codes can be ‘reactivated’, and what the cost of this is, prior to purchasing any materials.
- Monte does not accept any responsibility for purchases made in error.
- Many publishers support the sale of second hand books and their accompanying online content, however parents must be aware of their obligation to comply with relevant copyright laws. This includes ensuring that students delete all textbook files from their laptops when they no longer own a print copy of a text. In order to protect publishers’ copyright, Monte’s iAssist department may conduct random audits of students’ computers to ensure that texts no longer relevant to the student are deleted from their laptops.
Buy and Sell

second-hand Textbooks

Simply

- Register on the Sustainable School Shop website
  - www.sustainableschoolshop.com.au

second-hand textbook trading system

- List Wanted & For Sale Ads (Browsers tell each other what they require and what they have to sell).
- The school’s booklists are loaded into the system to make the Ad listing process easy, fast and accurate.
- Assistance is provided to accurately price items.
- Our Ad Matching service shows you
  - Exactly the right items to buy
  - Who has the most items you need
  - The cheapest items
- Buyers contact Sellers, and arrange where and when to trade.
- Excellent email and telephone helplines are provided: 1300 683 337

Also Buy & Sell

- Calculators
- Sporting items
- Musical items
- Electronics & DVD’s
- Stationery
- And lots more

Pricing Guide

- Like New  70%
- Excellent  60%
- Very Good  50%
- Good  40%

helpful tips

- Be patient many new items are listed each day
- Listing Wanted and For Sale Ads gets results
- Our unique Ad Matching Service shows you who to trade with, and will save you lots of time
- Be realistic when pricing items
- Telephoning sellers provides a quicker response as many people do not regularly check their emails
- Pre-arrange who to trade with if your items are still being used and write the availability date in your Ad
- Respect other browsers and remember to Delist your Ads promptly when no longer needed
- Meet somewhere convenient to trade, don’t make special trips and just fit it in to your normal activities
Mission Trip to Timor Leste - Letefoho

Just a few months ago on 7 September, eleven of us arrived in Timor Leste. From there we drove three hours from Dili Airport to Eraulo. Over the four days we were there, we visited seven villages, ate enough food (surprisingly) and were very overwhelmed with all our hosts had prepared and done for us during our time there. We visited a village called, Sauria, which was an hour and a half drive on unsealed roads, we were only the second group to visit.

Sauria was a particularly special village to me. In a ceremony, I was made daughter of the village. I have a strong pull to return to this village. As we entered the village we were welcomed and were kissed on the hand. This is tradition, for the younger people to kiss the elders hands in a sign of respect but I was only 14 and was being kissed on the hands by some young and many old and disabled people as well. We interacted with the children through music and dance, despite language barriers and it was amazing to see their beautiful smiles and happy faces despite how little they had.

In Timor Leste we came to understand, that education is the key to a better future for these people. With education, people are able to break the cycle of poverty and build a better future. Education costs US$3 a month and some families can not afford this or the uniform price which is US$6 and therefore are unable to support the education of their children.

After promising the Timorese people our support, we have started the LETS Foundation (Letefoho East Timor Support). Our current support project is raising funds for the renovation of the local senior high school for Years 10-12, school materials and basic sanitation needs.

We have just done our first small fundraiser and are now selling Christmas Cards and Greeting Cards that I have designed and produced myself. They are of high quality, professionally printed and presented. All profits from the sale of these cards goes directly to the school in Letefoho, Timor Leste. More information is detailed on the cards and is also on the flyer below.

We are also trying to get 70 laptops for their IT program that are windows XP compatible and are loaded with windows software. If you happen to have a spare laptop around or your business is cleaning out their old computers, that are still useable and in good condition, and would like to donate them it would be much appreciated.

These are just some of the amazing things we witnessed but if you would like to hear more about the trip, buy some cards or donate some computers. Feel free to email me at ogbyak17@student.monte.nsw.edu.au

Ornella Byak
Year 8

Sauria was a particularly special village to me. In a ceremony, I was made daughter of the village. I have a strong pull to return to this village. As we entered the village we were welcomed and were kissed on the hand. This is tradition, for the younger people to kiss the elders hands in a sign of respect but I was only 14 and was being kissed on the hands by some young and many old and disabled people as well. We interacted with the children through music and dance, despite language barriers and it was amazing to see their beautiful smiles and happy faces despite how little they had.

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After promising the Timorese people our support, we have started the LETS Foundation (Letefoho East Timor Support). Our current support project is raising funds for the renovation of the local senior high school for Years 10-12, school materials and basic sanitation needs.
A huge year in Monte Sport came to an end on Saturday when Monte teams featured in Touch Football, Basketball and Volleyball Grand Finals. The previous Saturday it was Tennis and Waterpolo. I want to thank all of the students for a fantastic year. This program is all about participation and getting in and having a go. Winning is a bonus and is usually well earned and enjoyed. I look forward to seeing everyone back next year as we look to make 2014 bigger and better than ever.

Farewell
It is with both sadness and joy that we farewell Mrs Lauren Moroney this week, who leaves us to have her first child. Mrs Moroney has been with the Sport Department as a coach and administrator for the past two years. Her Netball expertise and staunch work ethic have been greatly admired – I know all of the girls who got to know her appreciated the time and effort she gave to them and the Department. Mrs Moroney was also instrumental in implementing our inaugural Dance and Aerobics Recital night this year as well as project managing the Sports Awards Dinner. We wish her the best of luck next year and look forward to welcoming her back in some capacity in 2015.

Welcome Back
In 2014 we welcome back Mrs Liz Morgan who spent 2013 on long service leave. Mrs Morgan has been at Monte for over 10 years and will be returning to a part time Sports Administrator role.

Tennis Grand Finals
Fourteen Monte teams took part in the HKDTA Tennis Grand Finals last Saturday week – a huge achievement in itself. Congratulations to all of the players and especially the girls from Teams 3, 4, 8, 10, 12, 15 & 16 who won their respective divisions. Well done also to the following teams who played and were Runners Up – Monte 5, 7, 13, 14, 17, 18 and 20.

Waterpolo Grand Finals
Congratulations to Monte 2 and 7 who won their respective Grand Finals in the IGSSA Competition last Saturday week and to Monte 4 who were Runners Up. I would like to thank and farewell three stalwarts of the Monte Waterpolo program. Polly and Emma Williams (ex-students) and Flo Epper who have all put in a tremendous amount of time and effort over the past four years and have grown the Waterpolo program enormously. I know that all of the girls who have been coached by them have truly appreciated their dedication and commitment.

Touch Grand Finals
Four Monte teams progressed through to the Grand Finals of the Eastern Suburbs Touch Football competition. Congratulations to Monte 2, 3 and 5 who won, and to Monte 7 who were Runners Up. The Monte 3 game was one of the most exciting games of Monte Sport I have witnessed in my six years here at the College.

After leading for most of the game, Monte let SCEGGS over for a try to make it 2-2 just before full time. As it was still 2-2 at full time the game went into drop off. 5 versus 5 for 2 minutes; then 4 versus 4 for 2 minutes; and if no-one scores 3 versus 3 until someone scores. The first team to score wins! The game went right down to 3 versus 3 and went on for another 15 minutes before a try was scored. During this time Monte went over 4 times only to be recalled by the referee for a forward pass each time. SCEGGS pressured Monte’s line on no less than a dozen occasions during this extra period only to be denied every time. No team really deserved to lose in the end but someone had to and it was Monte 3 who came out victorious.

It was wonderful to see so many other Monte teams there in support especially the girls from Monte 1 and Monte 6 who had bowed out of the play-offs the week before. The screaming and excitement that the Monte girls added to the atmosphere was fantastic. Well done to everyone involved.

Finally congratulations to Lizzie Champion (Year 10 and Monte 5) who was awarded the Best and Fairest Medal for the Senior Division F. After each match during the season the referees determine a player of the game. After all of these were registered for all Senior Division F Games Lizzie came out on top with the most points. Well done Lizzie!
Basketball
Eight Monte teams entered the Santa Sabina Basketball competition this Term, with two making it through to the Grand Finals. Congratulations to winners - Monte 3 and Runners Up - Monte 4.

Volleyball
Twelve Monte teams entered the Santa Sabina Volleyball competition this Term with four making it through to the Grand Finals last Saturday. Congratulations to winners - Monte 6, 9 and 11 and Runners Up - Monte 5 and 12.

“Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.” -- Ralph Waldo Emerson

Stuart Hanrahan
Sports Program Manager

From the Tennis Captain....

This term has certainly been a busy one for Monte Tennis. Beginning our Tildesley training for next March, over 25 girls have been attending Tuesday afternoon sessions at Tennis World, North Ryde. Having said this, the weather has not been in our favour and only three training sessions have actually been held. It is clear that we will field a strong and competent team into Tildesley 2014!

Two weeks ago, Mr Hanrahan reported that 19 out of our 20 Monte Tennis teams had secured a place in the semi-finals. Unfortunately, these were called off due to heavy rain. Nevertheless, we were delighted to have 14 out of 20 teams go straight to a Grand Final, meaning they were placed either first or second in their divisions. On Saturday morning, I went down to watch nine of these teams at Australian Tennis Academy in Oxford Falls. ‘Montevation’ was definitely in full swing, and seven of these nine teams won the HKDTA Competition in their division. Congratulations to all teams and a massive thank you to our wonderful coaches!

I would also like to thank Mrs Christensen and Mr Hanrahan who have supported and watched Monte Tennis this term, especially on Grand Final day. I look forward to seeing all the Tildesley girls for a training camp from January 20-22 in the New Year!

Annabelle L’Estrange
Tennis Captain 2013/14
Volleyball - Metro Cup

On Sunday 24 November the Monte Representative Volleyball teams, who will be playing at the Australian Volleyball Schools Cup in Melbourne during the upcoming holidays, participated in the Sydney Metro Cup. This day consisted of about five round robin games then play-offs for different positions.

Monte 1 placed equal second in their pool based on match wins but on point count back, Monte 1 placed third. This meant that the team then had to play off for fifth and sixth place in the pool crossovers. Overall the team ended up placing equal fifth with Baulkham Hills High, a great effort as this was the first time these girls had ever played together as a team. This team is quite unique as it is made up of girls 15 years and under, with only one 17 year old on the team. The team played in the Opens, which is a 17 years and above Division, a difficult Division for girls of that age, however, every girl played their best and came through as a strong team.

Monte 2 is also a newly formed team made up of players 15 years and under. For many of these girls the Metro Cup was their first experience playing indoors. Although Monte 2 did not win an entire match they were able to take a set off a Santa Sabina team, who turned out to be the overall winners on the day. This was a wonderful effort and showed strong commitment from the Monte girls.

Having such a strong and young cohort of girls representing Monte at the higher level of Volleyball shows a promising future for the representative teams. Good luck to both teams in Melbourne!

Casey Lloyd
Volleyball Captain 2013-14

Volleyball

This term 13 Monte teams have participated in the Santa Sabina Volleyball competition. This competition consists of a game each Saturday morning throughout Term 4 plus training once a week.

We could like to congratulate every girl who has participated, your commitment and excitement for Volleyball is well appreciated.

The following teams qualified for Finals: Monte 1, 5, 6, 9, 11 and 12.

The following teams won their Grand Final: Monte 6, 9 and 11.

Casey Lloyd
Volleyball Captain 2013-14
The wonderful sense of community that exists at the College between teachers, staff, parents and students was evident last Friday at the Year 12 Graduation Formal.

The evening was such a great success due to the many hours of work and creative input provided by the Year 12 Formal Committee (who started planning one year in advance of the event). The Formal Committee was supported by Year 11 parents who assisted on the evening and the wise input of Marshall Leaver, Head of Year 12 (who was also MC for the night), the Monte Development Office, Anthony Khoury (school photographer) and many others.

In the words of Carmel Hewitt, Head of the Year 12 Formal Organising Committee, “I would like to thank you all for your commitment, support and hard work in making the Graduation Formal an evening with great atmosphere and an experience that was very clearly enjoyed by all”.

It was with great pride, and I am sure a few tears, that we watched these elegant young women walk on to the stage, for one last audience applause as the Class of 2013. Year 12, we wish you all the best and look forward to seeing some of you again at various Monte functions, and as coaches and mentors to the current student community.

Volunteers
The role of the Monte P&F is to organise as many opportunities as possible for families to be involved in, and be part of, our College community. This is only possible due to the huge team of parent volunteers who generously contribute their time, energy and skills each year to help co-ordinate our many and varied parent activities.

The work of the volunteers is carried out behind the scenes and we acknowledge and appreciate their work.

These volunteers are the backbone of our parent community, working enthusiastically for the benefit of all our families. Whether it is organising morning teas, class dinners, walking groups, Art Gallery visits, communicating to parents or helping out at Monte Open Day – their assistance is always appreciated.

We would like the thank the Monte Development Office for hosting the Volunteer’s Appreciation Morning Tea, and join them in thanking all the volunteers. It is a pleasure to work for, and be part of, an involved, caring and generous community.

On Monday 2 December 2013, the P&F Executive is hosting thank you drinks for all Year Co-ordinators and Class Parents for 2013, from 6.30pm. If you have not already responded please email Anna Willis at pawillis@tpg.com.au

Anna Willis and Lauren Heath
MSAMC P&F Presidents

VOLUNTEERS 2014
We are looking for more volunteers as Year Co-ordinators and Class Parents for 2014. It is a fun job, a good way to get involved at Monte and to get to know other parents, and as most positions are shared, they do not take up a lot of time.

PLEASE EMAIL Anna Willis at: pawillis@tpg.com.au

ACC Building works update
As of 7 December the building site for the ACC building will extend to the other side of the main College driveway. The fenced-off area will be extended and there will be trenching across the drive. Access from Miller Street into the College will therefore be even further interrupted.

For visitors to the College during the holidays, Miller Street access will not be available. The primary access to the College for parents and students will continue to be via McLaren Street, Berry Street or Angelo Street.

Access restrictions from Miller Street will continue in 2014 when Term 1 begins.

Glenn Ollerton
Director Finance and Resources
Helping kids manage their BIG emotions

If we want our children to handle BIG emotions we need to rein in our emotions too. We want our children to mimic our response when they experience problems or difficulties at school.

There are lots of things that happen that can upset our children. Losing a race, experiencing some rejection or not having their best friend in their class at school can be upsetting, but not catastrophic. Kids can sometimes make these issues seem bigger than they are and their emotional response doesn’t match the situation.

They also know the buttons to press with parents, and we can easily escalate our response to match our child’s. Suddenly, “this is the worst thing ever” that a child talks about can seem like “the worst thing ever” in our eyes too. Our behaviour starts to mimic our child’s behaviour.

If we want our children to handle BIG emotions we need to rein in our emotions too. We want our children to mimic our response when they experience problems or difficulties at school.

Start by changing your own thinking. Rather than thinking “here we go again. My child won’t be able to cope” replace these thoughts with “I’d better stay calm. My child needs me to model calm.” This will help you rein in your own emotional response.

Then go through these steps:

**Process:** Ask your child good questions to get the full story. Use your senses and your intuition to check out what’s happening. Think about what may have happened to lead to the situation. Kids are faulty observers and often present one side of a situation. Think about the full story yourself.

**Reflect:** It’s really important to give yourself time to think when children and young people talk about their problems. Is this so bad? Will things be better tomorrow? Has this happened in the past? Has your child been able to handle such challenges before? Is this an issue that I need to resolve? Try to see the bigger picture.

**Respond:** Children’s concerns need to be taken seriously, but sometimes some TLC (Tender Loving Care in the form of a big hug) is sufficient and very reassuring. At other times, some ideas about coping or handling the situation may be useful, but this can occur over time. Avoid feeling that you have to ‘fix’ the problem for your child. And don’t panic if you don’t know what to do. Sometimes things work themselves out, or a solution will appear over time.

Kids of all ages have a tendency to catastrophise when life throws them curve balls. Nothing wrong with that, to a point. But it really helps if the significant adults in their lives (that is, parents) can model calm, reflective behaviour when kids come to them with their emotions out of control.

It’s not easy staying calm when kids’ emotions run high, but if you want your kids to calm down and think, then you need to go first.
NOTICE BOARD

CAREERS NOTICES

From the Higher Education and Careers Office

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

DATES FOR YOUR DIARY

<table>
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<th>December</th>
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| **Wednesday 11 December**  
Macquarie University School Leaver Information Evening  
6.00pm–8.00pm  
www.mq.edu.au/future_students/undergraduate/coming_events |
| **Wednesday 18 December**  
University of Melbourne Course Information Day  
www.unimelb.edu.au |
| **Saturday 14 December**  
SAT testing day (US colleges)  
www.sjc.nsw.edu.au |
| **Wednesday 18 December**  
HSC students receive their ATARs  
www.uac.edu.au |

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<th>January</th>
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| **Friday 3 January 2014**  
University of Sydney Info Day  
9:30am – 4pm  
www.sydney.edu.au |

BOND WITH BOND UNIVERSITY in SYDNEY

**Date:** Thursday 19 December  
**Time:** 5:45pm for a 6.00pm start  
Event concludes at 8.00pm.  
**Venue:** The Westin Sydney, 1 Martin Place, Sydney NSW 2000

At this event you will also have the opportunity to engage with Bond University staff and alumni as they share their experience of life at Bond. For more information please contact our Events Team at events@bond.edu.au or visit http://www.bond.edu.au/events
Community Notices

Remembrance, Consolation & Hope - 2013

This service is open to all those who have experienced the loss of a child. We come together to mark our enduring love for these children, to share the sadness of their loss and to offer compassion and understanding to others who grieve.

Families will be invited to record their child’s name in a book of remembrance which will be kept in the Mater Hospital Chapel. Refreshments will be provided following the service.

Graham Long, Pastor of the Wayside Chapel and father of James will officiate and Vanessa Gorman, director/producer on Australian Story and mother of Layla will be our guest speaker.

Children are welcome and should remain quietly seated with their parents throughout the service.

Music: The Café at the Gate of Salvation
Date: Friday 6th Dec 2013
Time: 7.30pm but please be seated by 7.20 pm.
Place: St Mary’s Catholic Church, Miller and Ridge St, North Sydney (Parking is available along Miller Street and in the car park adjacent to the church)
RSVP for catering purposes to Darleen or Jenny on Tel - 9900 7675

During the service photographs of the children or other associated images will be shown. If you would like to provide a digital image please email it to Deb de Wilde at peterbarr@bigpond by November 29th. Any queries please call Deb on 0412 514 996

APPEAL FOR VOLUNTEERS & SPONSORS

Wednesday 25 December 2013
Ron Dyer Centre, 42 Ridge Street
North Sydney NSW 2065

Your help will make a difference.

For the fourth consecutive year, Father Tony Smith S.J. is hosting a celebration for community members who are otherwise unable to celebrate Christmas in the company of others.

Volunteers will be preparing an enjoyable day with a warm welcome, a sit-down lunch, traditional festivities, music and entertainment, plus a small gift.

Organising such an event is not a simple task. We therefore invite volunteers and sponsors to call 8918 4101 or email christmas@sjparishnsw.org.au

A small team has already started work but many more volunteers are needed to:
- contact various organisations to inform and invite guests
- serve and host guest tables
- greet guests, prepare food, plate, clean, etc.
- procure donations of non-alcoholic drinks, food and/or financial sponsorship ($35 per guest).

Contact us today! We are grateful for your support of our community members by helping them to participate in this memorable Christmas Day event.

FATHER TONY’S Christmas Day Luncheon — 2013 —

2013 North Sydney Community Carols
in conjunction with Twilight Food Fair

Friday 6 December
6.30pm to 9pm
Civic Park
(Adjacent to Stanton Library)
Miller St, North Sydney

Special guest artists
✴ YellowKat
✴ ‘Christmas Show’
✴ The Jitterbugs Christmas Spectacular
✴ Meet Santa & the Christmas Fairy Princess
✴ Kids craft corner

Carols performed by
✴ North Sydney Girls High School Choir and Orchestra

Come early and enjoy a picnic or buy dinner at the Food Fair

Wet weather hotline: 9936 8272

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in conjunction with Twilight Food Fair

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This year we have another new design, featuring Mary holding baby Jesus. This premium card also features a gold trim.

Our Christmas cards are printed in Australia and packed by the Sisters of Mercy, North Sydney.

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**Order Details:**

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<tr>
<th>Design</th>
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**Postage & Handling (see below)**

**Donation (Thank You)***

**Total:**

* Postage and Handling charged at $2 per pack
* Cards may be picked up from the Mercy Foundation office at 40 Rocklands Road Crows Nest (in the Poche Centre)
* Prices inclusive of GST
* All donations over $2 are tax-deductible. A receipt will be mailed to you.

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**Contact Details:**

Name:  
Address:  
Phone:  
Email:  

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**Payment Details:**

☐ Cheque Enclosed (Mercy Foundation)

☐ Please charge my  ☐ Visa  ☐ Mastercard

Card No: ____/____/____/____/____/____/____/____/____/____
Expiry (mm/yy): ____/____

Signature:  

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**Please send your order to:**

Mercy Foundation
40 Rocklands Road
Crows Nest NSW 2065
Or call 02 9911 7390 to place your order.

Email: office@mercyfoundation.com.au

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**Thank you for your support.**

The Mercy Foundation works to end chronic homelessness in Australia. Proceeds from the sale of Christmas cards will go towards projects that help end homelessness for the most vulnerable people living on our streets.

Please visit our website www.mercyfoundation.com.au to find out more about our work.

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Design A

Behold, I bring you tidings of great joy. Wishing you a Merry Christmas.

Design B

May the peace and joy of Christmas be with you today and throughout the New Year (limited stock)

Design C

Season’s Greetings and Best Wishes for the New Year.

Design D (new)

May the peace and joy of Christmas be with you now and throughout the coming year