Time flies faster than a weaver’s shuttle.

FROM THE HEADMISTRESS

Look Up, Reach Out: Pursuing Challenge and its Positive Results

In schools all over Sydney it is ‘camping season’. Over the last few weeks and during the next few, girls and boys from many different schools have been, or will be, embarking on different adventures designed to be fun, challenging, testing, as well as providing opportunities to develop character and new skills.

Mrs Megan Krimmer Headmistress
Mrs Victoria Rennie Deputy Headmistress, Head of Senior School and Head of Boarding

Forming a central part of our whole school wellbeing program, every girl in the Junior School was involved in a camping experience two weeks ago, and this week, our Senior School girls have just experienced the appropriately named Challenge Week.

The Junior School camping program and Challenge Week provide wonderful learning opportunities for our girls. They gain an understanding of the needs of others and, working collaboratively means they can experience the positive role each individual can play as a member of a team. Promoting a strong sense of self-efficacy, the positive outcomes for all students include developing confidence, integrity, respect for each other, resilience, interdependence and independence. They can also learn to appreciate great home cooking! Our programs enable our girls to recognise their own strengths and how they can apply these to benefit themselves and others while also focusing on and seeing our school values in action.

The Senior School Challenge Week saw our Year 7-9 girls taking part in Outdoor Education programs, our Year 10s travelling to Canberra and our Year 11 girls participating in an Urban Challenge. At the same time, our Year 12s sat for their Term 1 HSC assessments – a very different sort of challenge but certainly one that saw them working hard together. From all reports, the girls’ spirits remained high and the week saw so many girls working in teams, supporting each other.

Visit the Parent Portal to edit your profile, view the calendar and view parent notices.
as they faced challenges together. And this is what Challenge Week is all about: forming new connections, making new friends and ultimately learning about ourselves and others.

We have so much to be grateful for and our programs would not be possible without the superb work and organisation of Ms Sally Ruston and her team, Mrs Belinda Robertson who organises the Year 7-9 Outdoor Education program, Ms Isabel Royston, Ms Jenn Hurll and Mrs Libby Bennett who organise the Canberra trip, Mrs Annette Ware and Mrs Julia Kerr – Urban Challenge, and of course, the many, many teachers who spent their week with the girls. Our thanks also must be extended to Mrs Emily Liddell, Mrs Sarah Evans, Mrs Margaret Jordan and the many others who supported the Year 12s through their assessment week.

What great weeks we have had pursuing challenges and reaping such positive results at Abbotsleigh.

Chaplain

Don’t miss this shot

Rev Jenni Stoddart
Chaplain

I had the privilege this week of spending some time at Year 7 camp. Over dinner one night, a teacher shared this photo. She explained that one girl was cold and so the other simply shared her jacket. There are so many photos and stories there I could have shared from camp. There are still more from other year groups. Action, laughter and challenge are all part of the week but this photo sums up what it is ultimately all about.

Why do we do what we do? As educators, we are building people. Young women who have been shaped in head, heart and hand to both lead and serve.

Why do I do what I do? It is an extraordinary honour as Chaplain to encourage our girls that the God who made them and loves them in Christ Jesus invites them to see their lives as having a grand purpose in him. The kind of purposes that he calls us to share have one thing in common – whether it is a life in the law, in science or medicine, languages and communications, the social sciences or the arts – his purpose holds at its heart the willingness to share your coat, to love your neighbour as yourself.

Jesus says, ‘Love the Lord your God with all your heart and soul and mind and love your neighbour as yourself.’
Community

Have You Got Your Winter Uniform Yet?

Mrs Lorraine Boothby
Uniform Shop Manager

The Uniform Shop stocks uniforms for both junior and senior students and is located on the Senior School campus.

Holiday Trading Hours
9.30 am–4 pm
- Monday 15 April to Thursday 18 April
- Closed Easter
- Tuesday 23 April to Friday 26 April
- Closed 25 April, Anzac Day
- Monday 29 April

Normal trading hours resume from Tuesday 30 April.

Sports Lunch 2019 – can you help?

Mrs Danielle Cotter
Development Manager

The Leather and Laces Sports Lunch, Abbotsleigh’s biennial fundraiser, will be held on Friday 16 August at Doltone House, Jones Bay Wharf.

Featuring a panel of sports celebrities, fantastic prizes and fabulous food, the afternoon is a great social occasion and always sells out quickly.

We would love you to join the committee which works with the Development Office to make this event happen. Lend a hand, help source prizes and spread the word.

Who wouldn’t want to be part of such a worthwhile event!

To get involved, contact Danielle Cotter, Development Manager, or call Danielle on 9473 7738.
The Grace Cossington Smith Gallery was crowded on Monday night this week as Abbotsleigh parents and friends gathered at the APA Book Club launch with Meg and Tom Keneally. Drinks and a wander through the gallery’s latest exhibition, ART NORTH, was a very pleasant way to begin the evening.

The renowned father-daughter writing duo launched The Ink Stain, the 4th book in their successful Monsarrat series. Ably conducting the interview was Sarah Luke (Senior School English Teacher), whose own published work, Callan Park, Hospital for the Insane, connected so well with the historical crime fiction being discussed.

Having enjoyed international success, most notably with Schindler’s Ark, Tom expressed how lucky he feels to be enjoying writing at 83 as much as he did at 23. Tom spoke highly of Meg’s ability to write rapidly about the characters that he has in his head for this series, noting the strengths they each bring to the storytelling.

Thanks to Jo Coffey, from Novella in Wahroonga, attendees were able to purchase books and have them signed by Meg and Tom.

Overall, it was an engaging evening that included great warmth and wit from both authors and from Sarah Luke. We look forward to the next one.

Future APA Book Club dates will be published in The Shuttle and sent via email.
Parent Engagement

Ms Sally Ruston  
Head of Junior School

Research is clear in documenting that parent involvement in their children's education from an early age has a significant effect on educational achievement. Such benefits are seen well beyond primary school and on into secondary school, university and adulthood. Research from the Department of Children, Schools and Families in the UK noted the following findings:

- The quality and content of fathers’ involvement matter more for children's outcomes than the quantity of time fathers spend with their children.
- Family learning can also provide a range of benefits for parents and children including improvements in reading, writing and numeracy as well as greater parent confidence in helping their child at home.
- The attitudes and aspirations of parents and of children themselves predict later educational achievement. International evidence suggests that parents with high aspirations are also more involved in their children’s education.

Thus, it has been most affirming to see our parents taking up the numerous opportunities to come to know each other and staff and to hear of the exciting programs being experienced by the girls. From the Headmistress’s Welcome at the start of the year to our Year Group Morning Teas, that concluded with our Year 6 Morning Tea today, and the parent information sessions so well attended this term, we see your determination to be connected with the school community and involved in your daughter’s education. These events have been well attended and I thank our Year Reps for their great organisation and welcoming spreads that have provided great opportunities for community to be built.

Parent support at the Swimming Carnival and again at the Cross Country Carnival is so very much appreciated by the girls and staff. This coming week we are looking forward to our grandparents of girls in Kindergarten, Year 3 and Year 5 joining us for Senior Citizens Week.

As Easter approaches, we would very much like parents and grandparents to join us in the School Chapel in the Senior School for our Easter Services that will be held on Tuesday 9 April at the following times:

- **Years 4-6 Easter Service**  
  8.30-9.15 am

- **Kindergarten-Year 3 Easter Service**  
  9.30-10.15 am

**Informal Community Connections**
While of course the above lists the numerous ways in which the School structures opportunities for families to engage, parents additionally look to connect much more informally through the Parent Representative organised functions, individually organised birthday parties and play dates. There is also a plethora of online options that families find useful in connecting and engaging.

I take this opportunity to remind parents that our children are wonderfully observant mimics. They see how we behave when we interact with each other and are quick to adopt these patterns, phrases and stances in their own practice with their peers. When our behaviour is positive, supportive and empathic, so too do our girls learn that this is what is expected. I therefore seek parent support in ensuring that the language used is that which promotes positive relationships and is respectful of the wonderful diversity that our unique girls manifest. Negative labelling of children, directions to prohibit play or open discussions of children in public settings, such as birthday parties, are exceptionally unhealthy and damaging. If parents have concerns about their child and the interactions of others, such concerns need to be brought to the attention of the Class Teacher, Coordinator or me. The School is well placed to ensure that all interactions are directed towards positive learning and growth. Let our actions and words be those we will admire when mimicked by our children.

Parent Engagement
Parent and teacher interviews have been arranged to commence on Monday 25 March. Specialist Teachers will be available in the Lower Everett Space from 3.30 to 5.30 pm on both Monday and Tuesday afternoons. This will be an ideal time to gain a clear insight into the progress your daughter has made thus far this year and to view samples of her work in her portfolio. You will have received an email that gives you details as to how to book your meeting time with the teacher online through the Parent Portal. If you require additional assistance with this process, please contact the Junior School Administrative Coordinator, Mrs Danielle Sellars on 9473 7700 or via email.

We use ongoing assessment, across the year tests and external competitions and testing to develop a very detailed and comprehensive picture of your daughter’s performance. While formal reports will be sent home at the conclusion of Term 2, please feel free to contact your daughter’s Class or Specialist Teacher with your queries. A note in the diary, email or a phone call to the Junior School Reception is all that is needed to secure such a meeting.

**Meet Your Daughter’s Teacher**

Ms Sally Ruston  
Head of Junior School

**National Ride2School Day – Friday 22 March**

Mr Paul Guirreri  
JS PDHPE Coordinator

What a wonderful motivation for the girls to ride to school on their bike or scooter on National Ride2School Day on Friday 22 March. This is a great way for girls to include physical activity as part of their daily routine. We encourage girls to ride or walk to school next Friday. We are hopeful that the joy had in such an activity will ensure such activity becomes a healthy habit.

Below are some tips for ensuring that your daughter is riding her bike safely.

- Always wear a correctly fitted, approved bike helmet
- Obey traffic lights and signs
- Ride on the left side of the footpath (if under 12 years of age)
- Give hand signals to turn left or right
- Give way to pedestrians and other vehicles when entering and crossing a road
- When using a footpath or shared pedestrian/bicycle path, keep to the left and give way to pedestrians

In NSW children up to 12 years of age and any accompanying adults may legally ride on the footpaths. Further information on the Ride2School program can be obtained from the [Bicycle Network website](https://www.bikenetwork.com.au).

**Interschool Chess Challenge**

Ms Jo Colman  
Chess Coordinator

Thank you to the students who have registered to participate in the Friday afternoon Chess Competition commencing in Term 2.

Students can also participate in the local heat of the Interschool Chess Challenge, which is organised by the Sydney Academy of Chess. This is an individual, one day event played as a seven-round ‘Swiss’ competition, meaning that each entrant plays all seven games. The winning school is determined by adding the four highest scorers from each school.

Abbotsleigh Junior School will host this event on Thursday 11 April, and several local schools will attend. This full day event is open to all girls from Years 3-6 who are part of the Friday afternoon Chess Club. Students at all levels of experience are welcome and the focus is on fun and participation.

Permission notes are available from Reception or from Ms Colman and are due back at school by Wednesday 20 March. Please [email Ms Colman](mailto:mscolman@abbotsleigh.nsw.edu.au) if you would like further information about this event.
Cross Country Carnival

Mr Paul Guirreri
JS PDHPE Coordinator

Good afternoon Mrs Krimmer, Ms Ruston, Mrs Coventry, teachers, parents and girls.

Determination, perseverance and sportsmanship, three elements to focus on today. As Robert de Castella, former Australian world champion marathon runner once said, ‘Running well is a matter of having the patience to persevere when we are tired and not expecting instant results.’

To all girls, who gave their best, you have good reason to feel proud, and I’m sure parents and Abbotsleigh share in your pride.

I love cross country because I believe cross country is not only a wonderful sporting event, but it also teaches us about how to approach life. You run into bumps and curves, and can even fall over. But as long as you keep your goal in mind, you will cross the finish line with your head held high. A big thank you to all the parent helpers and teachers who made time to join us to make this such a wonderful day. I also thank my parents, Mum and Dad, for coming and supporting me. It is an honour to be your Cross Country Captain and I salute you all for your efforts.

Jacinta Mak
Junior School Cross Country Captain

Tuesday saw the running of our annual Cross Country Carnival on the Senior School campus. On what was a perfectly sunny and very hot day, our girls competed with great determination and we saw such fabulous racing and some super exciting finishes. It is always a thrill to see the delight on the girls faces when the number on their place ticket is an improvement on previous years.

Such was the level of competition on Tuesday, all girls who finished in the top 10 in each age division have been selected to participate at the IPSHA Cross Country Carnival on Saturday 6 April 2019.

The Year 4 Father and Daughter Dinner was held on Thursday night. It was a true delight to see the joy expressed by the girls and their dads as they shared a special evening in the impressive school Dining Room while the majority of boarders were out on Challenge Week activities.

Congratulations to Neave Bailey, Neomi Verma and Rebekah Ng who spoke most appropriately, and all girls made their dads very proud as they sang I’ve Lost My Homework and Circle of Friends. The String Quartet, comprising Serena Chi, Valerie Chung, Audrey Li and Hannah Yap playing Canon in D, and the Clarinet Duet comprising Leah Alwis and Sarah Conway playing Rigaudon were certainly highlights of the night.

At the conclusion of the day all the houses applauded Macquarie on making it to the top of the Cross Country point score. A huge thank you to all the parent helpers who so generously gave their time to assist. Our Cross Country Captain, Jacinta Mak, spoke wonderfully at the presentation ceremony and we thank Dr and Mrs Mak for attending to support all of the girls and to assist with the presentation of placegetters and our Cross Country trophies.

Photos of the carnival can be viewed on and purchased from the Anthony Khoury website. The password is: weaver01.
Year 3 Camp
Miss Brittany Black  
Year 3 Coordinator

Year 3 camp to Milson Island was thoroughly enjoyed by students and teachers alike. We began our journey early on Wednesday morning when we boarded a bus and then a ferry to our destination. Greeted by friendly camp staff, the girls began their first outdoor activities. A few highlights from camp included the giant swing, mini Olympics and canoeing. The Milson Island pool was the best place to be in the late afternoon as students cooled off and enjoyed some free time with peers. It was impressive to see the girls develop their team building and personal organisation as they worked together, shared cabins and overcame various challenges. How wonderful it was to watch on as our Year 3 girls grew new friendships and learnt important life skills. Year 3 camp, an unforgettable adventure!

Year 5 Colo River Camp
Miss Amber Hartwig  
Year 5 Coordinator

Year 5 participated in a three-day camp at Somerset Outdoor Learning Centre in Colo River. It provided a great opportunity for the girls to make new friends, take part in challenging activities, camp in tents and experience outdoor education. Activities were ‘challenge by choice’, but all girls managed to participate in one way or another, which demonstrated their great persistence and resilience. Some of the highlights for students were donutting or swimming along the Colo River, rock climbing, abseiling, archery and kayaking, but none as exciting as crawling through the infamous ‘wombat hole’ and becoming master chefs in the ‘My Kampsite Rules’ competition. Teachers, instructors and group members all provided a supportive environment where students felt encouraged to have a go at new experiences and to explore new ways of relating to others. The Year 5 girls as a result have gained some long-lasting memories from this extraordinary time away and built a strong sense of comradery amongst their peers.

NSW Police Band Visits the Junior School
Mr Stephan Kooper  
Head of Junior School Music

The first known mention of the idea of a Police Band in NSW was in 1894. It is noted that the idea to form the band was to strengthen a feeling of pride and mutual loyalty to the Police Force, develop discipline and connect with the community. So, on Thursday 21 March, the NSW Police Band will visit and perform for our Primary students. While not all our Junior School students are involved in the band program, this highly proficient ensemble will be sure to demonstrate mastery, discipline and entertainment which will inspire us all during the concert.
Japan Trip 2020

Mrs Masumi Sorrell  
Japanese Teacher

We are pleased to announce a tour to Japan next year and invite interested families to attend an information evening on Tuesday 2 April at 6.30 pm in the GLC.

**When**
The tour will run in the April school holidays for 15 days from 9-23 April (During the April school holidays).

**Where**
Locations visited will include Tokyo (including Akihabara and Tokyo Disneyland), Mt Fuji and Hakone, Kanazawa, Kyoto, Hiroshima and Osaka (Including one night at Ohtani Study Centre and homestay with Ohtani families for five nights).

**Who**
The tour is open to all girls in Years 8 to 12 in 2020 and is not limited to just those studying Japanese.

**How much**
The tour is likely to cost around $5,100 (depending on the exchange rate) and will include everything except spending money.

**Interested?**
If you are interested in the trip, email me with the following details, or simply write these details on a slip of paper and return it to me in the Languages Department next to L2 by Tuesday 9 April. Further information will be provided at the meeting.

**Japan Trip 2020 Information Required**
- Student’s name (Please print)
- Tutor group
- Parent/s names
- Parent email address
- Parent contact phone number
- Parent signature (if handing in on paper)

Any questions?
Email me or call me on 9473 7773

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**FUNDRAISING LUNCH**

**SAVE THE DATE**

Friday 16 August 2019
12-4.30 pm

**NEW VENUE**
Doltone House – Jones Bay Wharf

**Enquiries** email Danielle Cotter  
Development Manager  
cotterd@abbotsleigh.nsw.edu.au  
or call 9473 7738
Skills Acquisition

Mrs Marg Selby
Careers Advisor

As our senior students return to the classroom next week fresh from their Challenge Week activities, they will be able to reflect on skills they have acquired or developed over the past week.

Hopefully, they will be more focused on the importance of skills like teamwork, positive thinking, resilience and problem-solving. These attributes have been shown by the research undertaken by the Foundation for Young Australians, to be of vital importance in gaining employment in the future.

The FYA research has revealed that achieving a tertiary qualification no longer ensures automatic employment prospects. The average time for students to move from full time education into full time employment is around 4.7 years. However, two of the four key factors which help to make this transition faster are the sorts of attributes that are developed by the Challenge Week program. Things like having an optimistic outlook and developing soft skills, such as relevant problem-solving skills, teamwork and organisational skills and of course, the all-important communication skills. The other two factors revolve around gaining pertinent work experience and seeking work in a sector where employment is growing. Year 10 will work on these last two skills during their Work Experience week in Term 2.

Back in the classroom next week, the students will continue to develop the other important skills they need to join the modern workforce, like the capacity for critical thinking, creativity, digital literacy and deep learning.

For other careers news, please go to the Careers page on AbbNet.

Free Practical Driving Workshop for Learner Driver Parents and Supervisors

Mrs Heidi Grout
Community Relations Manager

Ku-ring-gai Council and the RMS are running another free practical workshop for learner driver parents and supervisors on how to help learner drivers become safer drivers.

Thursday 4 April 2019
6.30 pm
Ku-ring-gai Council Chambers
Bookings are essential, so book online now

A light dinner, tea and coffee are provided.

The workshop will cover:

- How to complete the learner drivers log book
- the process of gaining a P1 (red P) driving license and beyond
- the use of licensed driving instructors
- practical tips for teaching
- any questions or uncertainties

PLUS a chance to win one of eight Safer Driver course vouchers (includes modules 1 and 2) to be used at HART St Ives.

ARTEMIS to Battle it Out

Ms Erin Filan
AbbSchool Robotics Tutor

This weekend, ARTEMIS, Abbotsleigh’s Senior robotics team, will compete in the South Pacific Regional Competition at Olympic Park. They will be competing against more than 60 teams from around the world in robot matches and awards submissions. Our ARTEMIS students spent the first four weeks of the year coming into school three times a week and building a robot from a basic strategy list to a finished product. In addition to the robot, they’ve been volunteering teaching robotics with organisations like CanTeen and the Starlight Foundation, creating a business plan, writing essays about the team’s activities, creating YouTube videos and much more.

We look forward to bringing you the results next week!
Welcome to AbbSchool
AbbSchool is made up of two important areas within the Abbotsleigh community: extended tuition and the Holiday Program.

Old Girls Spreading an Important Message in the Outback
Ex-Abbotsleigh students and sisters present their two-woman play.

Art North Visual Arts Exhibition
An exhibition of 2018 HSC Visual Arts from students in the Hornsby and Ku-ring-gai regions. 2 to 30 March

Cinema Under the Stars
Come and enjoy an evening of film and fun with family and friends at the Junior School. 6 April