From the Headmistress
Wellbeing – So Important for Our Girls
Mrs Megan Krimmer | Headmistress

Many of you will know that one of my favourite Chinese proverbs is: 'Learning is a treasure that follows its owner everywhere'. However, to access this treasure fully, our children need to have people who believe in them. They also need to feel valued and connected, and to be confident and resilient. Indeed, they need to be well – physically, mentally and emotionally. That is why at Abbotsleigh, we believe that the fostering of wellbeing is equally as important as the fostering of learning.

It is indeed a truism to say:

Young people just cannot learn as effectively if they are not well.

We really want all of our girls to thrive, and our Director of Wellbeing, Mrs Liz Cannon, works tirelessly with our staff and parents to assist us all to foster the wellbeing of our girls. I commend to you the following articles in which Mrs Cannon provides well-researched and helpful information for us all.

Sleep

Abbotsleigh is now a subscriber to SchoolTV, an excellent online resource for parents to easily access up to date and practical parenting advice and information.

The topic for September is the importance of sleep for children and teenagers.

Children today have extremely busy schedules, with ever increasing responsibilities at school and at home. Many children, especially adolescents, are going to bed later and later and are at risk of sleep deprivation. This affects three areas of a child's development: psychological, physiological and psychosocial. All three are essential to a child's growth, learning ability and overall wellbeing. Sleep is vital to a child's overall health and is as important as good nutrition and exercise.

Sleep also strengthens a child's immune system and supports their ability to function properly on a daily basis. Children who do not get enough sleep show increased levels of aggressive behaviour, are less attentive and are much less active. Trying to catch up on sleep on weekends is not the answer and can still lead to severe sleep deprivation.

It is also important to ensure that your daughter does not use technology for at least one hour before bed time and that all devices are removed from the bedroom and recharged elsewhere. This will help your daughter to have a better night's sleep.

In this edition of SchoolTV, parents will learn about the importance of sleep and how sleep deprivation can have adverse effects on a child’s health and wellbeing. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback. Click here to view this month's edition.
R U OK? Day 2018

A conversation can make such a difference.

At Abbotsleigh we recognise and support R U OK? Day – a national day of action to encourage conversations with friends and family who may be struggling. We reminded the girls to check in with their friends: to ask if they are OK, to listen not judge, encourage action if this is needed and then to check in again. A conversation can make such a difference. Read more here on the RU OK? website.

Caitlin Oschadleus (Head Prefect 2018-19) gave an excellent talk to our Senior School girls, who were all given a RU OK? wrist band and a wallet card outlining how to start a conversation around mental health concerns as well as helpful contact details should any girl be struggling.

There is support at school for all girls when needed.

There are also information fact sheets on wellbeing and mental health issues available outside Mrs Cannon's office and in the SS Library.

I would encourage all parents to check in with their daughters if they are concerned about their wellbeing and to seek support in needed. Sometimes this can be difficult so here is a great article from Reach Out to help parents to talk with their teenagers. How to have a great conversation.

Parents are always welcome to contact Mrs Liz Cannon, Director of Wellbeing and Counselling (call 9473 7836) if you have any concerns regarding your daughter.

Chaplain

An Extract From our Prefect Induction Service
Rev Jenni Stoddart | Chaplain

The Lord Jesus himself said; ‘It is more blessed to give than to receive.’

Really?

Most often we think first we have to gain money and power before you give. It seems like first you get the money, next you wear the bling and then you’ve got the power to give. But, the Lord Jesus himself said; ‘It is more blessed to give than to receive.’

Today I want to remind our Prefects that they do not have to wait to be leaders of compassion. You don’t have to gain before you give. God himself is a giver and when we know that to be true we can give up on the currency of power and rely on his currency – compassion.

Peter is the guy who denied Jesus three times as he was arrested, the one who looked away not meeting the eyes of those around him; his self-interest more important than that Jesus guy. Peter is also the guy who met the risen Lord Jesus and knew what it was to be looked straight in the eye you have failed and then find yourself forgiven in love by the God of the universe. He knew that God’s power was immeasurable by human standards. His power could bring life from death. His currency was compassion, forgiveness and hope. Now that is not bling, that is true beauty. It is true beauty that can only be found in Jesus.

Peter has given up on bling and on self-interest. His attention has been caught by the gaze of the compassionate God.

So what happens when he find himself in front a man who had been born with a disability in a time when the best that could be done was to have a mat to sit on and a good spot near the temple? This day, this man does what he had done a million times before – he asks for some money. This man is used to being ignored. He is used to being thrown a little bit of bling without being looked in the eye or truly seen as a person of value. But Peter sees him and offers him the same compassion that he has received in Jesus. Click here to find out what God does in this moment.

Prefects, who will you see? Who will you notice in the room? As leaders we can see the people who will back our particular interests or views and ignore the rest, but a leader of compassion sees the needs of others and lifts up the voices that disagree with her. Prefects who will you see? Will you see those whom you already know and trust and work with them, or will you see the value of those in different year groups, in different houses? Will you see not just the actions that will make you look good in the eyes of those with the bling, but actions that will bring real change where there is real need? Will you be leaders of compassion?
Can You Help in 2019?
Ms Kathy Campbell | APA President

As far away as it may feel, 2019 plans are well under way. The Abbotsleigh Parents’ Association is looking for parents who may be willing and able to contribute their time in some way. If you’re able to do any of the following, we need you!

• bake a cake or cook a sausage
• organise tea/coffee
• cover library books
• organise year group events
• assist with large events
• assist in the Kitchen Garden at the Junior School
• help in the Music or Drama Departments
• help in the Grace Cossington Smith Gallery
• help with Tuckshop
• assist at sporting events and carnivals

With most of these tasks, little or no experience is necessary!

The Offers of Assistance Form is now online. It will only take two minutes of your time to complete the form.

If you are interested in a Parent Representative role or being an APA committee member, please indicate this when you complete the form.

We look forward to welcoming new and existing parents and thank you in anticipation of your help.

Sport, Glorious Sport
Ms Sally Ruston | Head of Junior School

What a truly amazing term of sporting endeavour the girls have enjoyed! From our successes on the snow slopes during the mid-year break and the Primary Athletics Carnival held at SOPAC, where all primary girls were constantly involved in events throughout the day to the spectacular growth in the Year 2 girls’ bike riding skills as they practise each lunchtime on Bundarra Court and the remarkable elite achievements of our divers at Nationals last week in Perth, this has been a term of activity, engagement and phenomenal successes.

With skill, we believe our girls can do anything. With this belief firmly embedded, our PDHPE Teachers, Class Teachers and Coaches have worked assiduously to grow the girls’ gross motor, games and sporting skills to enable them to see physical activity as a delightful pursuit. I have watched with admiration as our Year 2 PDHPE Teacher has given great time and support, even running behind and balancing bikes, to ensure that our young riders experience success. Our Head of PDHPE has been so encouraging of our girls from Transition to Year 6 in their efforts to build cardio vascular fitness and coordination through the Jump Rope for Heart Program. Watching a Kindergarten girl proudly show me ‘the pretzel’ manoeuvre was a delight. Our Year 3 Wellbeing Day, that I referenced in last week’s Shuttle, was a most successful initiative lead by the Year 3 PDHPE Teacher in helping our girls recognise the benefits of sleep and positive self-talk. Everywhere I have travelled around the campus these past few weeks I have seen girls choreographing dance routines, while the Year 5 PDHPE Teacher has been focused on building the girls’ dancing skills in preparation for the Father Daughter Bush Dance held this week.

Our Term 3 Saturday Sport Program has drawn to a close after a most successful term of skill building and games sense development. I have heard remarkable stories from the IPSHA Saturday sport netball and touch football fields of great sportsmanship, where girls have readily offered to play when teams have been short. Equally I have been impressed
with their manner and grace in victory and defeat. Tennis doubles and singles are currently being played with girls again readily supporting and providing great competition to each other in hard fought contests on the courts. The ability to build teamwork skills and understand that any group effort is more than the sum of the parts, is indeed a valuable experience.

Beyond the School, we have been thrilled with the girls' achievements in elite competitions. These have included:

- Sophie Watson representing at Skilling Nationals and receiving the Abbotsleigh Ski Trophy for being the fastest skier on the slope.
- Charlotte Horbach, Sophia Horbach, Harriet Kaa and Bonnie McInerney representing and winning medals at Nationals in Diving with Charlotte bringing home 2 gold medals.
- Sophia Bradford representing CIS at NSW PSSA State Athletics in High Jump
- Charlotte Doyle and Anika Pincott are off representing Abbotsleigh and IPSHA as they play softball at CIS and at NSW PSSA State Softball Championships
- Eleanor Smith's selection in the CIS Cricket team to compete at the NSW PSSA State Cricket Championships next term

Changes to IPSHA Sport
To ensure the highest quality of sport offered to our girls, I was pleased to see IPSHA undertaking a review of girls' sport this year, with the endorsed recommendations being rolled out in 2019. I am really excited with the outcome as new sporting opportunities have been added and greater diversity included. The following are the changes to IPSHA Sport for 2019:

- Year 3 girls will have the opportunity to participate in all four terms of IPSHA Saturday Sport. To ensure the girls’ readiness for this exciting program, we will be running a friendly soccer program here at school in Term 4 for the Year 2 girls each Saturday morning. This is an especially pleasing development as now we will continue our practice of ensuring inclusion of all girls interested in playing a sport. For those who have never played before, we will focus very much on skill development and game knowledge to increase familiarity and confidence. For those girls who are already skilled in a particular sport, we will ensure team grading and competition to stretch and enhance these skills.

A broad, wholistic educational offering is what we see as essential for all our Abbotsleigh girls. Building physical fitness, skills and confidence in engaging in sporting and physical endeavours is an integral part of this education.

Barbara Nichols and Abbsearch Research Awards
Ms. Sally Ruston | Head of Junior School

Abbsearch Student Independent Research Prize
The Junior School Abbsearch Research Prize is a program aimed at recognising and awarding outstanding examples of independent student research by girls from Kindergarten to Year 6. The program encourages students to explore their passions and interests, engage with their learning and seek, analyse and synthesise information to create new ideas and levels of understanding.

Past recipients have explored a wide variety of themes in their work and there are no limits to the fields which may be explored. All entries will be considered based on clarity, methodology, rigour and content, as well as the contribution the project has made to the student's understanding of the topic explored.

The girls in IPSHA schools will have the same access as boys, who have traditionally been able to participate in games from Year 3.

- Term 1 options will include soccer and the introduction of water polo to girls in Year 6 and a modified game of flippa ball will be offered to girls in Year 5. Unfortunately, T-ball, modball and softball will no longer be offered as dwindling numbers have required combined, multi-age teams that we do not see as being viable or safe options.
- Term 2 options will include hockey and modified versions for younger girls. Additionally, netball will also be offered in Term 2.
- Term 3 options will include touch football and the introduction of AFL. This is a very fast-growing sport in popularity and demand.
- Term 4 options remain unchanged with basketball, cricket and tennis still being offered to all girls.

Mrs. Maffey and Mrs. Futzer are keen to hear from girls keen to pursue research of this nature. The application form for this award is accessed here and also available at Junior School Reception.

Barbara Nichols Award for Endeavour
In both the Infants and Primary Assemblies, Ms Ruston has spoken about our previous Mistress in Charge of the Junior School, Mrs Barbara Nichols, and the award for endeavour to mark her exemplary work into the needs of gifted and talented children.

We talked about dreams already firmly held by many girls and how this award could assist in seeing a dream realised. All girls in the Junior School are encouraged to apply for the award with details available here or from Junior School Reception.

Further information or discussion of ideas is possible for the girls by meeting up with Mrs van Bussel or Mrs Coventry.

Entries for both awards should be submitted to Junior School Reception by Friday 26 October 2018.
Year 7 2019 Assessment Testing Day
Mrs Colleen Fenn | Registrar

All new and current Abbotsleigh girls entering Year 7 2019 undertake an assessment test on Saturday 22 September 2018 at 8.30 am

Girls are being tested for class placement in 2019. The testing will take place at the Senior School and should conclude by 12.30 pm. Upon arrival, all girls should make their way to Reception, located in the Marian Clarke building, to collect their name label.

Girls should wear neat casual clothes (tidy jeans/tracksuit with a T-shirt/fleece and covered shoes such as sandshoes) and bring a pen, pencil, ruler and eraser.

Girls should also bring morning tea and a water bottle for the day.

Should you have any queries, please contact the Registrar, Colleen Fenn.

AbbSchool Junior School Dramatic Arts Recital
Ms Darcy-Lee Tindale | AbbSchool Speech and Drama Coordinator

Please join us once again for an evening of poetry, prose, and monologues at the

AbbSchool Junior Dramatic Arts Recital
Monday 24 September 6.30 pm
Everett Hall, Senior School

performed by the Years 4 to 6 private drama students, and group devised drama and musical theatre from the Years 5 and 6 group drama students.

Light refreshments will be served on the veranda of Everett Hall for family and friends from 6 pm. Doors will open at 6.15 pm for a 6.30 pm start.

The evenings are always enjoyable events that promise a few laughs and lots of talent.

We look forward to your company.

Junior School Photo Day 3
Mrs Kate Coventry | Deputy Head of Junior School

A reminder that Tuesday 25 September is our next Photo Day for the Junior School. Please see the article in last week’s Shuttle for the list of photos being taken and the uniform items required.

Queen's Essay Competition 2018
Miss Susanna Matters | Year 3 Coordinator

Abbotsleigh Junior School submitted 28 thoughtful compositions to the 2018 Queen's Essay Competition. This competition is the world's oldest writing contest for schools and this year attracted 12,000 entries from around the Commonwealth. The 2018 theme was 'Towards a Common Future'. Congratulations to the following students on their awarded entries:

**Gold award**
Alexandra Balog, Camille Murray

**Silver award**
Matilda Brown, Audrey Li, Sally Liu, Katherine Ly, Sara Shah, Lily Thornthwaite, Natasha Ton, Anica Wong, Tasha Wong

**Bronze award**
Desiree Daher, Jacinta Mak, Ameya Reddy, Imogen Robertson

Year 3 Visits St Lucy's School
Miss Brittany Black | Year 3 Coordinator

This week, each of our Year 3 classes visited St Lucy’s School for a lunchtime play date. This visit comes before our Term 4 combined Music and Art program. It allows girls to familiarise themselves with the students, teachers and school grounds of St Lucy’s School. Students delighted in sharing the St Lucy's playground, meeting new friends and stepping outside their comfort zone. We are all looking forward to our future visits in Term 4.

AMT Mathematics Challenge for Young Australians
Ms Sally Southan | JS Mathematics Specialist Teacher

Congratulations to our students who took part in the Mathematics Challenge for Young Australians in Term 2.

Selected Year 3 to Year 6 students worked in groups to solve a range of complex mathematical problems over a period of three weeks. Of the selected students, an impressive 50 achieved a distinction, the highest award available in the primary division. More importantly, all students refined their collaboration and problem-solving skills. Formulating an explanation for some answers added an extra layer of difficulty. This gave the students the opportunity to practise using mathematical language and deductive reasoning to justify their solutions.

We warmly commend all students who demonstrated outstanding determination, time-management skills and teamwork throughout the challenge.
2018 Sport Awards Evening – change of date and call for athletes
Mrs Kate Howitt | Head of Sport

The date in the calendar and the school diaries for this year’s Sport Awards Evening was Saturday 10 November; however, the new date is Saturday 17 November. Please mark this new date in your diaries. The evening will be held in the Peter Duly Concert Hall from 5-7.30 pm.

If your daughter is competing in any sport at a state, national or other elite level, we’d like to hear from you. Whether it's archery for NSW, or making the national team for table tennis, we want to know about it!

Please feel free to email me with any news of your daughter's accomplishments. Sometimes we will acknowledge their achievements in The Shuttle, sometimes in assembly, and if the achievements are substantial, the girls will be presented with an award at the Abbotsleigh Sport Awards Evening.

Please send me an email - I look forward to hearing from you. (Please know that you can email me with updates or news at any time, you don’t have to wait for these articles.)

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JS Singles and Doubles Competitions
Mr Paul Guirreri | JS PDHPE Coordinator

Last Saturday saw another wonderful JS Doubles Tennis Competition played on the Senior School tennis courts. After the preliminaries on Saturday, which culminated in our two semi finals needing to be decided by tie breakers, Katherine Ly (6D) and Abigail Ly (4L) progressed to the final to face Sienna De Costa (60) and Elanor Carter (6L).

The final was decided at school on Monday in front a big crowd of their peers. In another tight tussle, Katherine and Abigail came back from being 4-1 down to force a tie breaker and eventually come away with the victory – congratulations girls!

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CIS Athletics Carnival Success
Mr Paul Guirreri | JS PDHPE Coordinator

Congratulations to Sophia Bradford (5L) who last week picked up a bronze medal in the Junior High Jump event at the CIS Athletics Championships at SOPAC. Sophia will now progress to the NSW PSSA State Athletics Championships early next term where we wish her every success!

SAVE THE DATE!

ABBOTSLIEGH 2018 SPORT AWARDS EVENING

Saturday 17 November • 5-7.30 pm • Peter Duly Concert Hall
It's All Happening on the Sports Fields This Weekend
Miss Rebecca Bimson | Sport Coordinator (AOG 1997)

This Saturday Abbotsleigh will have 15 teams playing in a hockey or netball grand final. The hockey firsts will be playing a double header, with their semi-final game at 8 am, followed by their grand final game at 10.30 am (if they win their semi). The teams range from Year 7 all the way up to Year 12, showing the depth of talent and commitment to sport across the Senior School.

Fun facts for Term 3 sport
We have 20 Abbotsleigh Old Girls and four Abbotsleigh students coaching hockey or netball this term and both of the Coordinators are also Abbotsleigh Old Girls.

We have 4 Year 11 and Year 12 students coaching, with 10 netball teams and five hockey teams playing in grand final matches. The hockey firsts are minor premiers of S01, the first time since 2003, when our hockey captains were in preschool!

SSA Diving Success
Michelle Penn | JS PDHPE Teacher

Congratulations to Charlotte and Sophia Horbach, Harriet Kaan and Bonnie McInerney who competed at the School Sport Australia Diving Championships in Perth WA. The girls have achieved excellent results and have had a wonderful and rewarding experience all round.

Sophia Horbach
12 years springboard, 6th
12 years knockout, 2nd
Open platform, 8th
11-12 years mixed synchro, 6th
Team Synchro, 1st (Group 2)

Harriet Kaan
11 years springboard, 7th
11 years knockout, 3rd
10-12 years synchro, 4th
Team synchro, 11th (Group 1)

Bonnie McInerney
10 years springboard, 6th
10 years knockout, 5th
10-12 years synchro, 12th

Senior School

Order your books now for 2019
Ms Angela Brownlee | Curriculum Assistant/Senior School Administration

Campion Education has advised that online book ordering is now open. Years 7-11 can access their lists here.

Year 12 2019 – order now for Term 4 delivery
Booklists for Year 12 2019 (HSC) are now available and can be completed online at Campion Education. Please place your order by Friday 14 September 2018 for home delivery before the commencement of Term 4.

When ordering online you will need to use the following access code: 8ZNN

Or simply click on this link: HSC 2019 Resource List to bypass the code.

All orders placed online can be delivered to your home, office or any designated address. The parcels will be delivered the week ending 12 October 2018.

Placing your order online by the due date is the best way to ensure that students will receive all available items in time for Term 4.

AbbSchool Years 7 and 8 Senior Dramatic Arts Recital
Darcy-Lee Tindale | AbbSchool Speech and Drama Coordinator

Please join us once again for an evening of poetry, prose, musical theatre, monologues and duologues, short scripted and group devised drama from the Years 7 and 8 AbbSchool drama students.

AbbSchool Senior Dramatic Arts Recital
Tuesday 25 September 7 pm
Drama Studio, Senior School

Light refreshments will be served in the amphitheatre for family and friends from 6.30 pm. Doors will open at 6.45 pm for a 7 pm start.

The recital evenings are always enjoyable events that promise a few laughs and lots of talent and drama. We look forward to your company.
**More New Jobs**

Mrs Marg Selby | Careers Advisor

Last week we looked at one of the newly emerging jobs – that of Customer Success Manager. Four other jobs seen by LinkedIn as providing thriving future employment prospects are those of Data Scientist, Full Stack Engineer, Cyber Security Specialist and Experience Designer. What is involved in these new areas of work?

The Data Scientist role has been growing in popularity in recent times, as all businesses are now driven by the collection of data. Analysts help to interpret this data, to show ways a business can grow in profitability. They often work in a consultant capacity and so their work is varied and interesting.

A Full Stack Engineer is an engineer who has the versatility to run a project from start to finish and combines the roles formerly taken by web developers and software engineers.

A Cyber Security specialist can work across many industries including industry, finance and government. Their role is to prevent cyber-espionage and cyber crime infiltrating into the workplace. It is a job which requires well developed IT skills. Early forms of cyber attack like hacking have been replaced by more sophisticated phishing, ransomware and social engineering attacks.

Lastly, Experience Designers make a product easier to use. It can involve apps and website experiences and combines the skills of graphic designers and digital specialists.

For other Careers news, please visit the [Careers page](#) on AbbNet.

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**Young Justice Program**

Miss Isobel Royston | Dean of Senior College Archdale

The Young Justice program took place on Monday 17 September at the Supreme Court of New South Wales and the Law Society of New South Wales. It was organised by Young Lawyers NSW and was attended by Year 10 and 11 girls. It is a program that offers students an opportunity to explore, learn and discuss issues of law and justice with leaders in the legal industry. The day consisted of various information sessions where students learnt about the issues with legal literacy and gained an insight into legal careers.

The girls took part in a workshop that gave them an opportunity to provide a sentence based on a real-life situation. They contributed enthusiastically to the discussion and were led in the presentation by Grace Wallman. The group was commended on their understanding of the law, the detailed response in providing a sentence and an excellent manner when presenting.

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**SSA Diving Championships**

Mrs Michelle Penn | JS PDHPE Teacher

Congratulations to our Abbotsleigh divers who competed in the School Sport Australia Diving Championships in Perth last week. Representing the Senior School was Arienna Grebert (Year 9) and from the Junior School Sophia Horbach, Harriet Kaan, Charlotte Horbach and Bonnie McInerney.

This is a wonderful achievement for the girls as they progressed through a number of School and State Level Competitions to earn their place in the NSW team to compete at the National Championships.

All divers were outstanding and gained much from their experience.

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**The Everett Scholarships – now open**

Mrs Colleen Fenn | Registrar

The Everett Scholarships were first offered in 2000 following a gift from Mrs Shirley Fong (Lee, 1951) to honour Miss G Gordon Everett, a great Headmistress whose care and assistance inspired Shirley and the many other young women who came under her guidance.

One scholarship is available annually to a Year 9 Abbotsleigh student moving from Year 9 to Year 10. The scholarship gives special recognition to a student’s sound academic progress, contribution to Senior College activities and a positive influence within the Senior School. The scholarship provides remission of tuition fees for the first two terms of Year 10.

Please submit your Student Statement online via AbbNet > Links > Student links or Parent links > Scholarship applications.

**Application forms with conditions are now available online**

Closing date: Friday 26 October 2018

Interviews will take place early November
Gifted and Talented Discovery Program at the University of Sydney
Dr Elizabeth Russell | SS Science Assistant HOD

In the last holidays three girls from Year 9 (Abby Kidston, Anousheh Moonen and Holly Yang) attended the Gifted and Talented Discovery Program at the University of Sydney. The girls were invited to participate after achieving exceptionally well in the qualifying examination. They had an amazing time over the three days of the course and have each written a brief summary of their experience.

Abby
Every morning, we did an activity like Relay Trivia, or watching a science show. This was really fun as it allowed us to work as a team and watch cool science experiments. We did different activities, such as Vet Science, Physics, Maths, and Biochemistry. My favourite activity was called 'Dirt and Cabbage', where we tested the pH of soil and chemicals using the red dye extracted from cabbage! I also liked 'Squirtle for President', which was about probability. We also listened to lectures – my favourite of which was by Adam Spencer, where we got to do lots of amazing maths problems about to be published in his newest book! I loved every moment of the course because I learnt so many interesting things and I made so many new friends.

Anousheh
Each day started off with an icebreaker session which involved all participants of the program. On the first day, we had a fun relay race with science trivia questions in small teams. Then we watched a cool chemistry show with lots of wonderfully weird chemical reactions. On the morning of the second day, we had an engineering challenge to build a catapult which could launch a lolly with limited materials, which my team almost won. My favourite activities were the physics activities, as they involved looking for sunspots using a large and sophisticated telescope, constructing AC induction motors and learning the physics that enables ultra-sound to work. I also really enjoyed doing titration and discovering that the pH of my garden soil is optimal for the growth of most plants.

Holly
We were organised into groups (so people from the same school were separated) and rotated through a range of activities in Biology, Vet Science, Chemistry, Physics, Mathematics and Geosciences. We also had Chemistry demonstrations and lectures in Psychology, Mathematics and Physics, as well as competitions between other groups (such as designing the best catapult). The experiments we did and saw were a lot more sophisticated than the ones usually done in school labs. For example,combusting hydrogen balloons and watching mini fireworks in a demonstration, playing with liquid nitrogen (chemistry), purifying proteins (biology) and extracting parasites from a sheep's digestive contents (vet science) – gross but fun.

Personally, the program was a really great opportunity for me, especially for making new friends, and I had a great time. It was really interesting to experiment in and see their labs and learn and do things I couldn't learn or do elsewhere.

I particularly loved listening to all the lectures. The quantum lecture was so riveting and unfathomable that it left me very curious to know more about the biggest yet unsolved problem in physics; how to relate quantum theory and general relativity. The lecture about the psychology of praise was very interesting as I learnt that praise can often negatively affect people, which surprised me. The lecture by Adam Spencer was also extremely memorable, as he challenged us to solve many fun problems such as variations of magic squares and questions that challenge your original 'gut instinct'. He is releasing a book in October this year and we were lucky enough to be the first ones to see some of the problems which will be included in the book. On the last day of the course there was a panel of university students who explained their PhD projects to us in brief, which were fascinating. Apart from all the above activities and more, the course was also a great opportunity to connect with like-minded people and make new friends. This made the experience all the more memorable. Overall, the course was a fantastic experience and I would highly recommend it to anyone who is interested in science, maths or creative problem solving. I would love to do it again next year.

AbbSchool
Spring Holiday Program

Click here
Abbotsleigh Parent Code of Conduct
Making positive choices contributes to a real sense of safety and belonging for our daughters and our community.

Read more

AOGU 110th Anniversary Grant Program
The 110th Anniversary Grant Program: helping Old Girls pursue worthwhile endeavours across a range of activities.

Read more

AbbsSchool Junior and Senior Dramatic Arts Recitals
Two enjoyable evenings that promise a few laughs and lots of talent and drama. 24 and 25 September

Read more

Unconscious Places – Photography and History
Engaging with place and location including the urban, country and remote environments. Until 4 October

Read more