It was a great privilege to welcome Heather Hawkins as guest speaker for our first Senior College Breakfast on Wednesday. As Jacinta Lin, Vice Head Prefect – Duties, said when she introduced her, ‘Heather definitely epitomises our 2018 Prefect theme: ‘Dare to grow’. After being diagnosed with ovarian cancer in 2007, Heather made it her mission to stretch herself to the very limits of her comfort zone and live her life to the fullest. In fact, in only 10 years since the diagnosis, Heather has completed six half-marathons, 20 full marathons and three ultra-marathons, everywhere from deserts to the Himalayas to the North Pole.

Heather’s message to the girls was one of hope and inspiration. Confessing that she was a shy girl happy with her ‘unadventurous life’ as a mother and businesswoman prior to her diagnosis, Heather challenged the girls to make the most of every opportunity and meet the challenges that life throws at us head on. She also encouraged all of us to do things that move us well beyond our comfort zones, because it is when we do this that we really know how far we can go, and often we can achieve amazing things; things that are well beyond our wildest dreams.

Relating her training regimen to the girls’ schoolwork, Heather said that things worked best for her when she had an optimistic and positive attitude and broke activities/training down into bite sized pieces – she did this with long distance running. Going from someone who could only make it half way around Centennial Park to winning the World Marathon Challenge® (seven marathons on seven continents in seven days) in 2016, was achieved in this way.

Facing a diagnosis of ovarian cancer and overcoming the shock and the possible dire medical implications, were also achieved with this same positive and optimistic manner. Determined not to be defined by cancer, Heather pushed back. Full of hope, she was determined to ‘be brave, get out there’ and give things a go.

Significantly, Heather acknowledged how important support from others has been. Her husband, her children, her extended family and her many friends have always been there for her, and, as a strong Christian, Heather acknowledged how important prayer has been too.

Additionally, Heather made the point that she wasn’t undertaking all these adventures just for herself and her own satisfaction of overcoming increasingly difficult challenges; instead, for each challenge she aims to bring hope and inspiration to others, while at the same time, raising money for cancer research.

Heather closed her talk with this moving and inspiring quote to all students from her book, Adventurous Spirit.

…’it’s your turn now. ...

Think about your life and friends and loved ones. About your dreams and the hopes you have in life.
Forget about your battles and the discouragements of the past and the doubts that may be hold you back. Be kind to yourself. Trust yourself. Believe in yourself...

It’s time for you to go... go somewhere you’ve never been before and to do something new.

Follow a passion, act on an adventure … volunteer, raise funds for charity … travel around your comfort zone, then push your boundaries further out.

But most of all, be brave, live in hope, and every day – no matter what it may bring, or how you may feel – live your life to the full... 

...buy yourself a diary and in big bold letters write these two words next to your name; ‘Adventurous Spirit’. Because that’s what you are...

As Robert De Castella said, ‘Heather’s courage is immeasurable. She has an unstoppable conviction and an energy that inspires and amazes me.’

I would like to thank Mrs Annette Ware very much for organising a truly inspirational speaker for our girls and our guests from other schools. Heather Hawkins certainly does epitomise our 2018 Prefect theme ‘Dare to grow’ and it was a great privilege for us to welcome her to Abbotsleigh this week.

The challenge of newness – Junior School leads the charge
Rev Jenni Stoddart | Chaplain

I wonder how long it has been since you have done something new. This week in Junior School, many of our girls attempted new things on camp and days out. In a fortnight, Senior School will follow suit. As adults, many of us stay in the safe zone of our areas of competency and avoid the uncomfortableness of doing something for the first time. I try to learn something new each year, which began after realising how good it was to face a challenge. It all started when I joined a gym for the first time many years ago. I will never forget how difficult it was because I simply did not know how things worked and had to be a learner again. The elliptical machine seemed like climbing Mount Everest. To be honest, I did not like it, but it was good for me.

Trying new things each year has kept me in contact with what our girls experience and grown my own character in many positive ways. So I pose my question again; how long has it been since you have done something new? It is great for our children to see us struggle with something and grow in our ability. It is great for them to perhaps teach us something. It is great for them to have us sit and empathise with them, but also give them courage to keep going.

What keeps me trying new things? The fact that the best newness of all comes from God himself; ’His great love is new every morning. Lord, how faithful you are!’ (Lamentations 3:23) What is my new thing this year? Well, I’m thinking of learning to dance.

Do you have stage makeup skills?
Ms Kathy Campbell | APA President

Rehearsals are well underway for the Senior School musical, The Little Mermaid. This Disney show will appeal to all ages and runs from Thursday 10 May through to Saturday 12 May 2018.

Ms Kimbali Harding, Head of Music, has asked for parent help in the form of experience and enthusiasm with stage makeup.

If you have any experience with stage makeup, or you know someone who does, or if you’re willing to learn the art of stage makeup, please email:

Jen Park – APA Music Events Liaison or

Melissa Finnerty – APA Drama Events Liaison

Booking details for tickets will be emailed closer to the time.

Abbotsleigh Parents’ Association


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blake society book talks

the book that shaped the western world is now on the back shelf. is there a way it should be? does the bible offer anything valuable for today’s issues?

these ted-style talks argue for the meaning value of the bible in areas of truth-telling, ethics and culture.

thursday 8 march

7:30pm-9pm

Abbotsleigh Senior School

Peter Duly Concert Hall

Cnr Pacific Highway & Ada Ave, Wahroonga

Undercover parking available via Gate 1A, Ada Avenue

this is a free event. reserve your seats at goodbooktalks-abbotsleigh.eventbrite.com.au

justine toh

Self-help as secular salvation

justine toh explores how our contemporary obsession with self-help is a collection of knowledge from a single voice – one that advocates personal transformation as the most important principle in the west.

chris clarke

the great bible syndrome

chris clarke, author of the great bible syndrome, reveals the secrets about how the bible has shaped the way we know and love.

john dickson

why bring the people?

John Dickson, author and speaker, explores how understanding the accuracy, authority and authenticity of our gospels can help us to be a living example of Jesus in our world.

Jen Park

APA Music Events Liaison

Melissa Finnerty

APA Drama Events Liaison

Booking details for tickets will be emailed closer to the time.
Returning campers
Ms Sally Ruston | Head of Junior School

As your daughter returns home from her camping experiences this week, I warmly encourage you to talk with her about the activities and times she found rewarding, easy, challenging and difficult. Perhaps your daughter can also reflect on the things that she has missed and the insights she has gained about herself by being away from the creature comforts and support of home. Most probably ‘sleep banking’ will be needed with lots of down time and rest over the weekend. It is for this reason that we have cancelled Saturday sport and AbbSchool programs throughout this week as the camp programs are designed to be physically, intellectually and emotionally challenging experiences from which much learning eventuates.

APA meetings with the Headmistress
Ms Kathy Campbell | APA President

The Abbotsleigh Parents’ Association meets once a term with the Headmistress, Megan Krimmer, in attendance.

It is a meeting where parents (committee members) discuss various items on the agenda and seek to help build community and support the School and our girls through various events and activities. Our meetings are also attended by Heidi Grout, Community Relations Manager, and other Abbotsleigh staff when relevant to an agenda item.

Topics for discussion are many and we welcome attendance by parents who are interested in being involved.

This year’s meeting dates
• Monday 21 May 2018
• Monday 13 August 2018
• Monday 29 October 2018
• Wednesday 21 November 2018 – Annual General Meeting

All meetings (except the AGM) run from 7-9 pm and are held in the Global Learning Centre (on the Senior School campus). Details regarding the AGM are sent closer to the time.

We look forward to welcoming any parents who may wish to attend.

If you have questions you need answered, please feel free to contact your Year Parent Representative or any of the APA committee members (all these details are in the Abbotsleigh Parent Handbook, located on the Parent Portal).
Literacy and numeracy parent information sessions
Ms Sally Ruston | Head of Junior School

For all parents in Kindergarten to Year 2 we are holding two literacy/numeracy information sessions with the same information being provided at each session, allowing parents to attend a session convenient to them – either in the evening or the morning. During these sessions we will introduce strategies that can be used at home to enhance and develop your daughter’s reading and mathematical skills. Abbotsleigh girls enjoy a very rich Literacy and Numeracy program. They are encouraged to borrow a wide range of books from the Palmer Library and engage in mathematical opportunities both inside and outside the classroom.

Two parent sessions will be held in the Lower Everett Space on the following occasions:
• Evening session: Tuesday 13 March, from 7-8 pm
• Morning tea session: Friday 16 March, from 9.30-10.30 am

In addition to this, please be aware that our parent section in the Palmer Library continues to grow and parents are encouraged to take good advantage of this facility. Palmer Library is open at 8 am and again from 3.15-4 pm during which times we encourage parents to come along and borrow with their daughters. Titles particularly relevant to promoting a love of literature and numeracy in the home include:
• Reading Magic by Mem Fox
• Rocket your Child into Reading by Jackie French
• The Reading Bug and how you can Help your Child to Catch it by Paul Jennings
• Reading Right from the Start: What Parents Can Do in the First Five Years by Toni S. Bickart, Diane Trister Dodge
• Don’t leave childhood without: a guide to the best books for children
• A family of readers: The book lover’s guide to children’s and young adult literature by Roger Sutton and Martha V Parravano
• Maths for Mums and Dads by Rob Eastaway and Mike Askew
• Help your kids with maths: a unique step by step visual guide by Carol Vorderman
• Young children learning mathematics - A guide for educators and families by Robert Hunting, Judy Mousley and Bob Perry (laying a foundation for later success in mathematics)
• Math right from the start: what parents can do in the first five years by Jan Greenberg and Toni S Bickart

Year 4 Father Daughter Dinner
Ms Sally Ruston | Head of Junior School

I am very much looking forward to the Year 4 Father Daughter Dinner, which is to be held on the evening of Thursday 15 March 2018 from 6-8.30 pm. The dinner is being held in the beautifully appointed Senior School Dining Room while a number of the boarder year groups are out on camp and excursions. This is always a delightful evening as the girls host their fathers on this special occasion as we are presided over by Abbotsleigh’s previous Headmistresses in this most attractive, heritage space in the Senior School.

JS Production 2018 – James and the Giant Peach
Ms Darcy-Lee Tindale | AbbSchool Speech and Drama Coordinator

I am excited to announce that this year the Junior School Production will be James and the Giant Peach. This adaptation of the Roald Dahl’s classic novel will be sure to entertain. There are lots of characters and roles for actors, dancers and stage crew. All students in Years 3-6 are invited and welcome to audition. Auditions will take place in Everett Hall on Friday 16 March from 3.30–5 pm and Saturday 17 March from 2-4.30 pm.

Once your daughter has handed in an application form, she will receive her audition time by Wednesday 14 March. Auditions will run for approximately 10 minutes. It is important to remind your daughter to enjoy the audition process, have fun, relax and just do her best. Forms are available at Junior School Reception or can be downloaded from Parent notices.
**Kids’ Lit Quiz**
Miss Susanna Matters | Classroom Teacher

On Wednesday 28 March 2018, Abbotsleigh Junior School will enter the North Sydney heat of the Kids’ Lit Quiz. The Kids’ Lit Quiz is an annual literature quiz for students aged 10-13 years. This friendly competition is a wonderful way to celebrate a love of reading and is held in many countries around the world.

Congratulations to the following Stage 3 students who will represent Abbotsleigh at this event:

Imogen Beletich, Beatrice Chung, Emilia Grimes, Arya Gunalingam, Jasmine Hing, Audrey Kennedy, Grace Li, Annelise McCormick, Emily McLaren, Anika Niles, Sara Shah, Emily Yan

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**Road safety around schools**
Ms Sally Ruston | Head of Junior School

The start of the school year is always busy for everyone, however it is important that road safety is made a priority. To ensure that you are fully aware of the road rules, particularly those surrounding cars and child safety around schools, please see the useful links below to read some important tips and tools from Ku-ring-gai Council.

- **School tips and tools for road safety**
- **Road rule reminders**

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**SCHOOL HOLIDAY PROGRAMS AT MACQUARIE UNIVERSITY** - mq.edu.au/about/holidays

- Children are introduced to science concepts and skills in a safe and supervised environment.
- Courses teach the concepts through experiments, art, drama, physical activity, craft and other hands-on activities.
- Students are provided with experiences and activities that help them to understand a concept or gain knowledge in an active way.
- Courses are added and rotated each school holidays, and drop off and pick-up times are designed for the working parent.
- The Junior Science Academy is for children in Years K–6 in primary school.

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<thead>
<tr>
<th>Drop off</th>
<th>8.30am – 9.30am</th>
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<tr>
<td>Activities</td>
<td>9.30am – 4.30pm</td>
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<tr>
<td>Pick-up</td>
<td>4.30pm – 5.30pm</td>
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<td>Cost</td>
<td>$122</td>
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**Before and After School Care**
Ms Sally Ruston | Head of Junior School

It is wonderful to see so many families using our Before and After School Care facility this year. It is also a delight to witness the positive manner in which the girls are responding to this safe, nurturing environment. Under the leadership of Mr Myles Watkins, the girls are enjoying a healthy breakfast or afternoon tea, completing homework and engaging in physical activity both in the Centre and by taking advantage of our great outdoor play areas.
Senior School

‘A rose by any other name...’
Mrs Marg Selby | Careers Advisor

As the 2018 year begins for the tertiary education sector, all the universities are already planning their changes and updates for 2019. Our senior students will be hearing talks from many of the universities over the coming two terms, so that they can hear first hand about any anticipated changes. These careers talks are held regularly over the lunch break, usually on a Tuesday or Thursday in SC2. All girls are sent reminder emails about when the talks will occur and the topic for that week. Last week, a gap year organisation spoke and this week UNSW came to update the girls.

Students are cautioned always to critically consider the information given to them in these talks and to ask questions to clarify their understanding. UNSW has announced some major changes to their teaching timetable in 2019, to address some of the problems that university students find in balancing their studies with the rest of their life. The new timetable will reduce the student workload, reduce overcrowding in classrooms, improve the opportunities available for students to include work placements and internships as part of their coursework, add more exchange opportunities, reinvigorate the ‘dead’ periods on campus caused by long semester breaks and provide an opportunity to refresh and upgrade the curriculum.

All this will happen in 2019, as a result of UNSW teaching across three x 10 week terms, with an optional, intensive five week summer term, instead of the traditional two semester format. Students will be able to select a study pattern that best suits their needs. If they wish, they can still select to study four subjects in each term and so fast track the completion date for their studies.

However, they can also select to study three subjects per term (thus reducing their study workload). Over the course of a three year degree, using three terms, students can create a completely free term for themselves, which they can use for internships, overseas exchange or just for a break. The three term year will also align better with the northern hemisphere academic year for global exchange programs. This change also means that campus facilities will be used better over a longer period of time each year. All courses have been rewritten and refreshed to fit into a three term year. There has been no reduction in the quality or content in any course, but all courses have had the opportunity to shed any outdated aspects of their curriculum and to ensure that the material taught is the most up-to-date available. This change in the university teaching calendar takes a unique approach to assisting students to organise their time better and will set UNSW apart from other tertiary institutions.

To see changes that Sydney University has made to their 2018 degree structure, along with other careers news, please visit the Careers page on AbbNet.

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Ruth Sanger awards
Ms Betina Wrightson | Head of Mathematics
Celebrating excellence in Mathematics and Science
Monday 5 March
6.30-8 pm
Assembly Hall, Senior School
Please note: Students to arrive no later than 6 pm.
A weekend ‘in’ boarding
Mrs Sarah Ward | Year 11 Boarding Coordinator

Well, no one can ever say a boarder’s life is boring. No indeed! This past weekend we held a range of fantastic activities for our boarders to enjoy. Friday 23 February was one of our Friday Unplugged evenings, where girls leave their technology behind and play in the good ol’ outdoors! Boarders across all year groups had a riot mixing and playing on the oval while the summer sunlight lasted. Big thanks to the Year 11 ABC for organising the event. On Sunday 25 February, our girls spent the day roughing it like true champions as boarders in Years 8 and 9 completed the first session of their surf course at Dee Why. Rain certainly wasn’t going to dampen (so to speak) the spirits of our keen surfers. Their attitude and enthusiasm was certainly second to none. What a wonderful way to round out a busy academic week.

NEWS FLASH

Abbotsleigh girls at the Commonwealth Games swimming trials
Mrs Jo Wheatley | Aquatic Centre Manager

Congratulations to our swimmers on their results in the Commonwealth Games swimming trials.

Their results are as follows:

**Women’s 100 m backstroke**
Emily Ong, 30th place

**Women’s 50 m butterfly**
Rebecca St Vincent, 25th place
Holly Nelson, 29th place
Emily Ong, 30th place

**Women’s 50 metre butterfly FINAL**
Natasha Ramsden, 6th place

**Women’s 100 m freestyle**
Natasha Ramsden, 12th place
Holly Nelson, 31st place

The trials finish on Saturday night, so make sure that you tune in to Channel 7 and see our girls continue their campaigns.
ART NORTH

The Grace Cossington Smith Gallery has launched ART NORTH, an exhibition of local students' work developed for the 2017 HSC examination.

Art North

Florence Sulman and her ties to Abbotsleigh

Florence Sulman attended Abbotsleigh in its earliest years in the 1890s. In 1958, Florence was awarded an MBE for her services to child welfare.

Florence Sulman and her ties to Abbotsleigh

Father Daughter tennis afternoon

Fathers of our Senior School girls are invited to our annual father-daughter tennis event.

Father Daughter tennis afternoon

Kindergarten, Years 3 and 5 Grandparents’ Day

All Grandparents of students in Kindergarten, Years 3 and 5 are warmly invited to join their granddaughters on Grandparents’ Day. Tuesday 20 March, 10.45 am.

Kindergarten, Years 3 and 5 Grandparents’ Day