The Shuttle

Time flies faster than a weaver’s shuttle.

FROM THE ACTING HEADMISTRESS

Look Up, Reach Out: Keeping our Children Safe – National Child Protection Week

Our girls and young women are so precious and it is so important that we all do our utmost to ensure their safety at all times.

Mrs Megan Krimmer
Headmistress

The following is an article by Mrs Liz Cannon, Director of Wellbeing and Counselling about this important topic. I commend Mrs Cannon's article to you.

‘National Child Protection Week (1-7 September 2019) provides an excellent opportunity for school, parents and the community to come together to raise awareness and promote the safety and wellbeing of children. The key message of National Child Protection Week is that children do well when parents are supported and, that to raise thriving young people, parents need support to navigate life's choppy waters. Research tells us that a strong community is important for children and helps them to thrive and be safe.

National Child Protection Week was highlighted this week at Senior School Assembly reinforcing that every girl is unique and precious and that abuse is NEVER OK. Our girls were urged to speak to an adult if they are being abused or if they know someone else who is being abused. Suggestions of who to speak to have been provided to the students along with the Kids Helpline number 1 800 55 1800.

This handout has been given to every Senior School student regarding how to seek help.

I would urge you to read this handout with your daughter to reinforce the message.

Additionally, the Junior School teachers are also focused on ensuring that all girls are well prepared and informed to enable safe and supportive behaviours and practices. From Healthy Harold visits and the Year 1 Act of Kids program to health lessons and the work of Judith Krause with our older girls, we are committed to ensuring that the Junior School girls are...
well informed and know how to reach out should they be at all concerned or worried.

NAPCAN (National Association for Prevention of Child Abuse and Neglect) states the following: ‘We all have a role to play in protecting children from harm. The little things we do every day can help to create safer environments for our children. For instance:

- Be kind to all children
- Respect young people
- Be a good role model around children
- Look out for signs of abuse or neglect; if you suspect something is wrong, talk to an expert
- Always take reports of abuse seriously
- Listen to the needs of children and spend time with them’

Children have the right to be and feel safe at all times. Teaching personal safety and protective behaviours are powerful ways to inform children about safety, risk taking and what they can do when they feel unsafe. This teaching is a shared role both at home and at school. Children who are confident, assertive and have good support networks are less likely to be at risk of abuse or find themselves in dangerous situations. By building children’s knowledge of safe behaviour, we empower them to speak up when uncertain or at risk.

At school we have policies and programs in place to protect children and to ensure their safety at school. We continuously review these programs and procedures to ensure best practice. Our teachers are trained in matters regarding child protection and safety and our students are educated to understand protective behaviours for their safety.

To create child safe communities, parents also need to be aware of the issues relevant to child safety and child abuse. The more knowledgeable parents are, the greater their capacity to create a safe environment and identify unsafe behaviours and situations. Equally importantly, education helps parents from overreacting to situations that may not pose a risk for children’s safety and are essential for new learning and healthy development to occur. Bubble wrapping children is not advocated.

Parents can find more information on protecting children on the Child Wise website and the NAPCAN website. Mrs Liz Cannon, Director of Wellbeing and Counselling.

Fear – It’s Okay to Admit It

Rev Jenni Stoddart
Chaplain

I was working in a church on the south coast of NSW, close to 15 years ago, when a knock on the door came quite late one night. I lived next door to the church and the neighborhood knew they were welcome at any time.

When I went to the door I expected to see one of my regular visitors needing a helping hand to get through the week – except this night, it was actually one of the last people I would expect – there at the door was one of our local celebrities – a professional basketballer. As I opened the door he towered over me (I’m 5ft) yet his first words were, ‘I’m afraid.’ I invited him in for a cup of tea and a chat.

What had made this giant afraid? Earlier that day his first child had been born – he had been full of joy as I had visited him and his wife in hospital. I quickly checked – is the baby okay? ‘Yes,’ he said and then stammered, ‘so far.’ Why was he afraid? The full realisation of his responsibility for this little one had hit him hard. I still remember my words to him, ‘You can’t control everything that will happen to her, but you also can’t be driven by your fears – you must be driven by your love and your knowledge that both of you are loved by a good God.’

I have to remind myself of this so often as a parent myself. I am a better parent when I can put my fears aside. Fear makes me slow to listen and quick to talk. Fear makes me jump to decisions rather than seek to understand. In contrast, love drives me to be calm, focused and present. It enables me to make decisions with my daughter rather than me calling the shots.

In Infants chapel we sing a song with these lyrics:

Be strong and courageous
The Lord of the Ages
Holds all His little ones safe by His side
Do not fear the darkness
Do not fear the sadness
Do not fear the sickness
Jesus has conquered them all

– Colin Buchanan

We might not like to admit it, but parenting is scary. God invites us to be strong and courageous, knowing that he holds both us and our little ones by his side. It’s not a promise of no trouble. It’s a promise of his presence and his peace in every circumstance of life.
The Entertainment Book

Mrs Natalie Doyle  
APA Entertainment Book Liaison

As has been the case in previous years, the APA is selling the Entertainment Book to add to the funds we raise for Abbotsleigh. It is excellent value, providing thousands of offers, including up to 50% off and 2-for-1 offers for many restaurants, cafés, arts, attractions, hotels, travel, and shopping.

It is possible to purchase:

1. A DIGITAL membership  
(Entertainment™ Digital Membership)  
which is downloaded onto your phone as an App (iPhone or Android). It is very convenient to search by restaurant name (for example) or look for offers in your location. The offer is then redeemed directly from your mobile device.

2. A BOOK membership  
(Entertainment™ Book Membership)  
which will provide you with a hard copy of the book, including vouchers.

Entertainment™ Memberships still sell for $70 and include over $20,000 in offers you can use until 1 June 2020.

To purchase a membership, please use this link which takes you to the Abbotsleigh page to place an order.

If you’d like to have a look through one of the books, there are samples on display at Reception on both campuses.

For any questions, please contact Natalie Doyle.

Community

Saturday Barbecue and Cake Stall – 7 September

Ms Kathy Campbell  
APA President

The APA is holding a barbecue and cake stall on Saturday 7 September outside the Aquatic Centre.

Can you help?
We still need a few volunteers to help the morning run smoothly!
If you can help with volunteering on the day (one hour of your time), please click here.
Thank you so much to the parents who have already volunteered or are baking goodies for the day.
We are pleased to be able to provide this service to our community and visiting students and their families.

Year 7 2021 Scholarships

Mrs Colleen Fenn  
Registrar

To acknowledge and encourage excellence, Abbotsleigh offers a number of scholarships to day and boarding students in Year 7. Criteria such as school reports, examination results, financial need, personal interview and in the case of music scholarships, performance, are used to award scholarships.

A scholarship exam will be held on Saturday 21 September 2019 for Year 5 students wishing to apply for a Year 7 2021 scholarship. Registration is online with applications closing on Wednesday 11 September 2019.
Monday 18 November 2019
Kate Forsyth’s book
*The Blue Rose* discussion
7-8.30 pm
VIP Room (Level 4)
Judith Poole Sports Hall

RSVP to Deepa Pillay

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**APA Book Club – Term 4 Book Discussion**

Ms Kathy Campbell
APA President

The APA Book Club is looking forward to meeting in Term 4 and discussing *The Blue Rose* by Kate Forsyth. We were privileged to have Kate for an author interview earlier this term.

We will be meeting on Monday 18 November at 7 pm in the VIP Room (Level 4) of the Judith Poole Sports Hall.

Pay $5 on the night for cheese and wine.

Please ensure you RSVP to Deepa Pillay for catering purposes.

Happy reading.
Junior School Book Parade and Book Fair

Ms Sally Ruston  
Head of Junior School

The girls’ love of books and reading was evident in the broad range of books they chose as inspiration for their costumes ranging from characters from well-loved classics to the latest releases. It was especially exciting to see a number of girls had chosen the biographies of influential women as the source of their inspiration for their costumes with Malala Yousafzai, Marie Curie and Amelia Earhart all making an appearance.

The competition was stiff for the best costume in each year group, with the most creative costumes hand made by the girls taking out the prize – a book selected from the CBCA 2019 Book of the Year shortlist.

Congratulations to our winners Ada Huang (Transition), Amy D’Souza (Kindergarten), Margaret Huang (Year 1), Abelia Chung and Ryka Dave (Year 2), Lillian Wastell (Year 3), Hannah Yap (Year 4), Audrey Jackson (Year 5), Annabelle O’Hara (Year 6), and an honourable mention to our two alpacas, Alyssa Wu (Year 4) and Sofia Petsentiy (Year 5).

The Scholastic Book Fair, run by our wonderful parent volunteers, succeeded in raising just under $1,000 for the purchase of new books for the Palmer Library.

All in all, the occasion made for another truly joyful Abbotsleigh book parade. Parents and caregivers can look forward to another exciting chapter of literary culture in Term 1 2020 when we will dust off the covers for the Abbotsleigh Literary Festival.
As educators and parents, sometimes our intent to be kind, helpful and expedient has the potential to rob our girls of opportunity for autonomy, independence and to build self-efficacy. It seems tautological that in the very act of being of assistance to our children we simultaneously stymie the very thing we want for them; independence and resilience. Yet how often for the sake of preventing a challenge arising do we intervene and rob children of the opportunity to problem solve and overcome a difficulty. It is through experiencing success in managing progressively more challenging situations that we build self-efficacy, pride in our achievements and the certain knowledge that we can manage and succeed even when things go wrong.

The act of carrying a girl’s backpack is a selfless, generous one. Yet in doing so, she is robbed of the opportunity to build skeletal strength and bone density. As these healthy outcomes are only had through weight-bearing exercises. We also run the risk of sending the message that we don’t believe she can cope. Certainly, helping her with a checklist at home to ensure all equipment is packed is invaluable when such habits are not yet embedded.

In allowing your daughter to sit with the discomfort of managing without a forgotten item, she experiences at first hand the consequences of being disorganised. The necessity to build organisation skills is made evident and the will to change behaviour to ingrain new helpful habits is given purpose. We certainly need to assist in scaffolding just how to be organised, such as recommending that items have a set ‘home’ and are always returned to this location for ease of retrieval.

Meeting your daughter at the classroom or in car line is a lovely gesture. Yet would it be better for social skill development, physical exercise opportunities and independence raising that she walks to the village or takes the bus or train as a means of meeting up with you? When equipment needs are minimal and your daughter is keen to shoulder responsibility, these are the very days when such autonomy and independence is encouraged.

Doing up zips, buttons and laces certainly makes getting out of the house in the morning with little ones easier and faster. Yet the sense of independence and confidence had when a child is able to fully dress themselves is palpable and a joy to witness. Giving time for these routines to develop with guided support and repetition of instruction is so important in this progressive growing of independence.

Getting homework completed can be a nightly chore and the temptation can be great to jump in, provide answers and expedite the process. Yet three negative outcomes result. Firstly, your daughter is robbed of the opportunity to build fluency and competence by completing the tasks independently. Secondly, she learns quickly that you don’t have faith in her ability. Finally, we at school assume that tasks completed to a 100% accuracy are too easy for her and thus increasingly more difficult activities are providing; setting her up for failure. We do see as invaluable the parents’ role in setting up a distraction-free space for homework and in finding the teachable moments when cooking and tinkering at home or when out and about at the beach, zoo, market garden trail or any other experiential learning context.

It is in these very experiences that we build the robust self-esteem and resilience we know and believe to be so important to our children’s wellbeing. To read more on how to go about creating an environment where your daughter’s social, emotional and physical wellbeing can thrive, I warmly commend to you this article, written by Mrs Liz Cannon, Abbsleigh’s Director of Wellbeing and Counselling.
**Year 5 Bathurst Camp**

*Mrs Amber Thomson*  
*Year 5 Coordinator*

From Wednesday 11 to Friday 13 September, Year 5 will be going on an excursion to Hill End, the Bathurst Goldfields, Historic Hartley and Katoomba. This excursion forms part of our Term 3 History unit on significant events that helped shape Australia. The girls will travel by coach and will need to be dressed in warm, casual clothes and arrive at the Junior School by 7 am on Wednesday 11 September.

Please ensure that girls bring a day bag on the bus with morning tea, lunch and sufficient water for the first day. On our way to Bathurst, the students will have morning tea at Echo Point in Katoomba, enjoying the wonderful views of the Blue Mountains and then continue onto Bathurst, stopping at Historic Hartley to tour the courthouse. At Bathurst Goldfields the girls will experience what life was like in colonial Australia. On Thursday, the girls will go to Hill End to do some much anticipated gold panning! Year 5 will also walk through an old mine shaft and go on a guided scavenger hunt through the historic town of Hill End. On Friday, the girls will begin the day by experiencing what life was like on the goldfields. Following that we will make our way to Katoomba for a guided tour of Scenic World, observing the fauna and flora, viewing old gold mines and catching the famous Scenic Railway – the steepest passenger railway in the world. Girls will build their understanding of the history of the area and observe how difficult it would have been to cross the Blue Mountains.

Through these memory making experiences Year 5 will better understand what colonial life was like and the impact significant events had on our history.

It is anticipated that the girls will return to the Junior School by 4.30 pm on Friday 13 September.

**Junior School Tennis Captain 2019**

*Ms Sally Ruston*  
*Head of Junior School*

Congratulations to Evelyn Liu, who has been announced as the 2019 Junior School Tennis Captain.

**Year 2 Rideability Bike Education**

*Mr Paul Guirreri*  
*JP PDHPE Coordinator*

This week saw the conclusion of our Year 2 Rideability Bike Education program. Every single one of our Year 2 girls can now ride independently! We are keen for the girls to continue to develop their skills during lunchtimes for the rest of Term 3. We are asking parents to ensure that all bikes are collected by the end of the term.
### Years 3-6 Term 4 IPSHA Saturday Sport

Mr Paul Guirreri  
JP PDHPE Coordinator

<table>
<thead>
<tr>
<th>Year 3 and 4</th>
<th>Year 6</th>
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<tr>
<td>T-20 cricket, basketball and tennis</td>
<td>No more registrations are being accepted for Term 4 IPSHA Saturday Sport. The tennis trials are conducted at our JS Singles Tennis Competition which will be held on the Senior School tennis courts on Saturday 21 September, 1-4 pm.</td>
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<td>Thank you to all those parents who have completed the sign up process for Term 4 IPSHA Saturday Sport. Team entries have now been submitted to IPSHA and trials for T-20 cricket and basketball will be held on the Junior School oval and basketball courts on the following days:</td>
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<td><strong>Year 3 and 4</strong></td>
<td><strong>Year 6</strong></td>
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<tr>
<td>Monday 16 September</td>
<td>Thursday 19 September</td>
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<tr>
<td>3.20-4.30 pm Basketball and T-20 cricket</td>
<td>3.20-4.30 pm Basketball and T-20 cricket</td>
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**Primary Ensembles Concert**

Jessica Ma  
6G

The lights dimmed and the audience went silent; the 2019 Primary Ensembles Concert had begun!

This year’s Primary Ensembles Concert was held in the Peter Duly Concert Hall at the Senior School, on Thursday 22 August. An incredible 232 girls performed in this year’s event. The theme for this year’s concert was ‘Calm and Chaos’ and there certainly was some excitement in the performances. The girls had been preparing for this event over many months and some girls were in more than one ensemble. They had to organise themselves and be ready for many performances. The hard work definitely paid off!

I am sure many audience members would agree that all the girls not only shared their talent, but also their passion for music on the night. In total there were 14 different ensembles playing a huge variety of pieces. The concert was phenomenal, but the highlight of the night was the Year 6 Handbells Choir’s performance of *Mamma Mia* followed by a chaotic sing-along with audience members. Everyone simply enjoyed the moment!

I would like to thank Mr Kooper and all the staff members who helped make this night happen. I would also like to thank all the girls who performed, delivering music and joy to the audience.
Year 6 Sydney Jewish Museum Excursion
Miss Susanna Matters
Year 6 Coordinator

Year 6 were fascinated by their recent excursion to the Sydney Jewish Museum. The girls explored a variety of migration stories to enhance their understanding of their current History Unit of Work ‘Journeys’. Year 6 engaged with artefacts and primary sources to understand the catalysts for immigration journeys and to discuss the challenges and opportunities faced by migrants and refugees as they settle into a new country. The girls were moved by inspiring tales of courage shared with them by Holocaust survivors and they showed deep respect and empathy during these presentations.

Photo: Harriet Chang (JS Captain) and Olivia Wood (JS Vice Captain) thank Vera, a Holocaust survivor, for sharing her story.

NSWPSSA Football Team Success
Mr Paul Guirrerri
JS PDHPE Coordinator

Congratulations to Estella Cameron (6G) who last week took part in the SSA nationals for football as a member of the NSWPSSA state girls football team. This is the highest level of competition along the representative sport pathway and was played in Canberra in 2019. Estella had to adapt to playing on a smaller field than she was used to, which was a challenge for her and her team. At the end of the competition, NSW finished in 2nd place behind the eventual champions Queensland. The match results were as follows:

- NSW 2 v ACT 0
- NSW 0 v WA 1
- NSW 2 v VIC 1
- NSW 0 v QLD 0
- NSW 4 v NSW B 0

Congratulations to Estella on this fabulous achievement of being part of a state team competing at nationals. We look forward to watching Estella continue to develop her game into the future and perhaps one day reach the ultimate Matildas goal!

Photo: Mr Paul Guirrerri

Holiday Family Fun Day at Parliament House
Mrs Kate Coventry
Deputy Head of Junior School

On Friday 11 October there will be a Family Fun Day at NSW Parliament House. It’s a fantastic chance for families to explore Parliament House and learn a little more about Australia’s oldest parliament and its history.

Entry: FREE
Activities: 10 am to 3 pm
Address: Parliament House, 6 Macquarie Street, Sydney
Lunch and snacks: Sausage sizzle ($3 per person) and the public café will be open.

See the flyer for more information.
Senior School

Catch a Rising Star Gala Concert

Ms Kimball Harding
Director of Music

Ignite your senses with extraordinary music and inspirational artistry.
One of the annual highlights in the Music Department is the Catch a Rising Star Gala concert, which occurred last week in the Peter Duly Concert Hall. Abbotsleigh music students of the highest calibre from Years 6 to 12 each performed a solo for a most appreciative audience.
This stunning recital of solo pieces showcased a variety of instruments including violin, viola, cello, piano, saxophone, clarinet and trumpet. The girls exhibited a stunning array of virtuosic performances by composers such as Scriabin, Prokofiev, Schubert and Poulenc.
Admirably accompanied by Ms Tonya Lemoh and Ms Sorina Zamfir, this concert is always a fine example of the incredible talent, artistry and hard work of our Abbotsleigh students.

Year 12 2020 – Order Your Books Now for Term 4 Delivery

Mrs Angela Brownlee
Curriculum Assistant/Senior School Administration

Booklists for Year 12 2020 (HSC) are now available and can be completed online at Campion Education. Please place your order by Friday 13 September 2019 for home delivery before the commencement of Term 4.
All orders placed online can be delivered to your home, office or any designated address, including the School (for boarders). The parcels will be delivered the week ending 11 October 2019.
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.
Order your book here.
Uniform Shop Holiday Trading

Summer uniforms are on their way - find out when our Uniform Shop is open these school holidays.

READ MORE

2019 Year 12 HSC Showcase

Year 9 Elective History students take a close look at the lives of children who have come before.

READ MORE

Out of the Shadows of a Long Summer

Alison Rehfisch and her modernist contemporaries. 4 September to 10 October

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APA Book Club – Term 4 Book Discussion

The APA Book Club is looking forward to meeting in Term 4 and discussing The Blue Rose by Kate Forsyth. 18 November

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