The Story Within:
Abbotsleigh's Literary Festival celebrates literature, reading and writing
Mrs Megan Krimmer | Headmistress

The Junior and Senior Schools were buzzing with excitement as the 2018 Abbotsleigh Literary Festival was launched on Tuesday of this week.

'Literature is one of the most interesting and significant expressions of humanity' (PT Barnum) and Abbotsleigh's first Literary Festival, held in 2003, was the vision of former Headmistress Mrs Judith Wheeldon. A few years later, her successor Mrs Judith Poole expanded on that idea and, in 2008, a much larger festival was held over three days with the aim of making it the preeminent literary festival for young people in northern Sydney. That was when the festival, as we know it today, began. Since that time, Abbotsleigh has held its Literary Festival every two years.

'The Story Within' is our theme this year and it was wonderful to have the festival 'bookended' by the official opening at the Senior School Assembly on Tuesday, when Abbotsleigh Old Girl Belinda Murrell and Tristan Bancks inspired the girls, and the vibrant and colourful Junior School Book Parade that took place on Thursday afternoon. (Please see an extract of Belinda Murrell's excellent speech below). We were also incredibly privileged to have Stan Grant as our guest speaker at the festival dinner on Tuesday night.

The Abbotsleigh Literary Festival has always been a community event, involving our girls and their parents, as well as students from other schools and members of our local community. This year, due to the tremendous energy and hard work of Mrs Bronwyn Foxall, her library team, the extraordinary crew of parent volunteers and so many members of staff across the School, our girls and guests have been treated to more than 40 authors, illustrators, poets and literary experts who have shared their skill and insight.

The girls and I would like to warmly thank and congratulate everyone who contributed to this very successful event.

Abbotsleigh Literary Festival Opening Speech

'My name is Belinda Murrell and I am so honoured to be here today to welcome you all to the Abbotsleigh Literary Festival. I only wish that Abbotsleigh had this amazing festival when I came here many years ago, I would have loved it. I attended Abbotsleigh from Years 7-12, finishing way back in the 80s, and it's probably no surprise that my favourite subjects were English and History.

My journey as a writer began many years ago... It began by growing up in a book-mad family. I grew up in Gordon... in a big, rambling old house full of books. My childhood was so blessed because I was always encouraged to love reading. My sister and I used to dress up as characters from our favourite novels and have sword fights up and down the stairs. We were also the sort of kids who stayed up half the night reading stories under the covers with a torch.

I came to Abbotsleigh in Year 7... It wasn't always easy for my parents to send me here. They didn't always have lots of money. But while they may not have had money to buy expensive gadgets they always made sure that we had lots of books. And my mum always believed very strongly in the importance of girls having an outstanding education.
With my own three children, I followed in my mother's footsteps. I decided the two most important gifts that I could give them were to bring them up to love reading books and to make sure they had a wonderful education.

I guess one way I did this was to write lots of books especially for them. Books filled with all the things that my kids love about books – action and adventure; mystery and magic; history and dangerous quests. Books with characters they could love – strong and feisty girl heroes, children who were clever and quick thinking – kids who are just like you.

In a world going forward full of robots, driverless cars and intelligent smartphones, there are some special skills that will help the students of today succeed in the future. These skills include creativity, emotional intelligence, critical thinking, complex problem solving and communication. Funnily enough these are all skills you learn by reading lots of amazing books – and it's fun!

My love of reading has helped me to have a fascinating career, to travel the world, to meet so many amazing people. Reading has also helped shape the person I have become. Through books I've learned to be brave and have courage; to stand up for what I believe in; to live an adventurous life; to try to make the world a better place.

So, if there's one thing I've learnt from living in a book-mad family, it's that reading can change your life for the better. Reading has helped me realise that life is a constant rollercoaster of ups and downs, and not always easy. But while there are disappointments and difficulties along the way, there is always joy and hope."

Mrs Belinda Murrell (Humphrey, 1981)

Literary Chapels - Great books on faith
Rev Jenni Stoddart | Chaplain

As part of our Literary Festival, both Senior and Junior Schools hosted authors of Christian books. In the Junior School it was wonderful to have Kirrily Lowe and in the Senior School Kristen Young.

Kirrily is the author of The Invisible Tree series, a set of children's picture books that brings to life the virtues known as 'The Fruit of the Spirit'. These qualities are ones that have great value as we live and grow together in community. So far there are five books in the series: Love, Joy, Peace, Patience and Kindness and the sixth, Goodness, will be released later this year.

Kirrily spoke about her life journey and her inspiration for this series. She highlighted her love of poetry and the themes that run through each book. These delightful works come from her love for God and her passion to see children understand how God's love relates to them. Told from the perspective of a child seeking the particular virtue, each book gives insights on how we can grow this quality in our lives. [www.theinvisibletree.com.au](http://www.theinvisibletree.com.au)

Kirrily has offered the books for sale at a special rate. Order forms have been given to students in Kindergarten to Year 2 and are also available from the Junior School Library or Reception. If you would like to purchase particular books or the whole set, please complete the form with credit card payment details and return to Mrs Williams by Friday 22 June.

Kristen Young writes for teenagers as someone who has worked directly with teenagers for 20 years. Her book What if, dealing with doubts, encourages young people that doubt is not the enemy but rather an invitation to ask questions and explore faith. She asked us to consider God as the author of an extraordinary story that he invites us to be part of through his surprising hero, Jesus.

If you would like to purchase Kristen's book please [click here](http://www.theinvisibletree.com.au).

CRU winter holiday camps 2018
Mrs Valerie Williams | JS Christian Studies Teacher

Crusaders is once again offering a range of winter holiday camps for Primary students as well as day camp options for Kindergarten to Year 6 students. Crusaders has been organising these events for more than 80 years and is the largest provider of Christian holiday camps in NSW.

Each program is packed full of action and camps include Bible-themed discovery activities. The winter events include the popular ski camp options.

There are many more camps for secondary students, including the popular study camps for HSC or IB candidates.

An information flyer is available at Junior School Reception or [go online](http://www.theinvisibletree.com.au) to book and check details of all these camps. They are always a great holiday experience. Go with a friend or make new friends there.
Instrumental festival

Wednesday 13 June 2018
4.30-7.30 pm

Recitals will take place in the

• Chapel
• Lecture Theatre
• Grace Cossington Smith Gallery
• Peter Duly Concert Hall
• Forum

Sausage sizzle available for purchase from 5.45-6.30 pm
**Sleep your way to being smarter, healthier and happier**

Mrs Kate Coventry | Acting Head of Junior School

‘Over 30% of Primary School children and 70% of teenagers are sleep deprived. Our teenagers rank as the third most sleep-deprived in the world.’ So states recent research undertaken by a specialist in this area, RN Lisa Maltman, who is passionate about educating parents, children and teachers of the importance of sleep in ensuring health and wellbeing. Alarming, for us, when I checked in with our Primary girls, over 50% said they had not had the prescribed 9-11 hours the previous night.

Sound, routine and uninterrupted sleep is essential for:

- **Learning and memory** – sleep helps concentration and motivation along with consolidation and strengthening of new information and memories.
- **Emotional and mental health** – studies show children and teenagers who are sleep-deprived are more likely to suffer from depression and anxiety, negative body image and low self-esteem.
- **Behaviour and decision-making** – sleep deprivation affects decision-making capacity, has a negative effect on relationships and increases risk of accidents.
- **Body systems** – sleep deprivation affects children's physical growth, brain development, immune system and plays a key role in weight gain.

With the 50th anniversary of the popular ABC program *Behind The News* this week, I think the following story is particularly poignant when considering the recommended 9-11 hours’ sleep every night.

Sadly, one of the things that seems to be getting in the way of our girls getting a good night's sleep is the presence of technology (iPads, phones, laptops and TVs) in the bedroom or in the hour prior to bedtime. Research is very clear that the back lighting from these devices interrupts the secretion of the melatonin that is so essential to going to sleep.

Dr Chris Seton from the Sleepshack says the best way to judge how much sleep a child needs is to assess whether it's 'enough for them to wake spontaneously – meaning without an alarm clock – on most mornings and avoid tiredness during the day at least until the last hour before bedtime'. For further information on this important topic, I commend to you [The Sleep Connection website](http://www.sleepconnection.com), which promotes the message: 'sleep to be a smarter, happier, healthier you'.

We all want our girls to thrive. A routine good night's sleep is the first step to achieving this outcome. We seek your support as parents in providing a night time routine that embeds such good habits.

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**Where in the world is Ms Ruston?**

Mrs Kate Coventry | Acting Head of Junior School

News just in from our European reporter, Ms Ruston has been sighted in Iceland!

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**Tickets now on sale for James and the Giant Peach!**

Mrs Darcy Tindale | AbbSchool Speech and Drama Tutor

The cast and crew of the 2018 Junior School Production of *James and the Giant Peach* are excited to announce that tickets are now available to attend this 'giant' event. Tickets are $22 for adults and $16 for students.

This adventurous play, set on the ocean, up in the sky and inside a giant peach, will delight audiences. Come on a journey from the gloomy and miserable home of Aunt Sponge and Aunt Spiker to floating across the ocean in a giant peach. Then be lifted into the sky by a flock of seagulls, only to return to the depths of the ocean and outwit a pirate ship full of skeleton crew. Don’t be afraid of the cloudmen, hungry sharks or the rhinoceros, as James tries to make his way to New York City – the top of the world! Full of colourful dancing, great acting and a little AV trickery, the girls have put together a show that will thrill and delight all ages.

**Matinee Wednesday 20 June at 12.45 pm**

**Evening Thursday 21 June at 7 pm**

**Evening Friday 22 June at 7 pm**

Get your tickets [here](http://www.abb-school.com/tickets).

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**Term 3 IPSHA Saturday sport trials**

Mr Paul Guirreri | JSPDHPE Coordinator

Just a reminder that trials for Term 3 IPSHA Saturday sport (netball and touch football) will be held in Week 8 – Monday 18 June for Year 4, Wednesday 20 June for Year 5 and Thursday 21 June for Year 6. There will be no IPSHA minkey or hockey training in this week, however the last match of IPSHA minkey and hockey will be on Saturday 23 June.
Another successful Week Without Words!
Miss Brittany Black | JS Classroom Teacher

This year Abbotsleigh Junior School raised an impressive $844.35 for Week Without Words. Thank you to all girls who contributed to the campaign, your generosity will make a significant difference to the St Lucy's students, teachers and community.

Da Vinci Decathlon
Ms Breanne Porter | JS Enrichment Coordinator

The decathlon held at Knox Grammar School on Thursday 24 May was a wonderful opportunity for our Year 5 and 6 competitors. As usual, there was great excitement coupled with some nerves as the girls realised that there were approximately 1000 students from more than 50 schools throughout NSW taking part.

Congratulations to the Year 5 Team who were awarded 2\textsuperscript{nd} place in Code Breaking and 6\textsuperscript{th} place in General Knowledge, which is a truly outstanding achievement. The Year 6 team were awarded 4\textsuperscript{th} place in Creative Producers, 5\textsuperscript{th} place in Ideation, 11\textsuperscript{th} in Cartography, 14\textsuperscript{th} in Maths and 16\textsuperscript{th} in English. The students worked diligently throughout the term in preparation for this challenging competition and did their absolute best on the day. They collaborated beautifully as a team and complemented each other's gifts and talents. We are very proud of all the girls. Well done!

Primary athletics trials
Mr Paul Guirreri | JSPDHPE Coordinator

Next Thursday 14 June sees our Primary athletics trials. The girls will trial to qualify for events at our Athletics Carnival in Term 3 in shot put, discus, long jump, high jump, turbo javelin, 100m, 200m and 800m. We still urgently require more parent helpers to assist on this day. If you are available and have a current WWCC, please click here asap!

Primary Choral Speaking Competition
Mrs Peita van Bussel | Transition-Year 2 Coordinator

The air was thick with anticipation last week as the Primary girls and teachers prepared for the annual House Poetry Recital. Everett Hall was a spectacle, as a cavalcade of creatures including cats, bunyips, vampires, villains and werewolves trooped in.

It has been wonderful to watch the girls embrace the event year after year and our House Captains are congratulated on leading their teams with such confidence. 'Miss Darcy' commended the girls on their use of movement, staging, pause and voice modulation. In the end, there could only be one winner and the title went to Sturt for their interpretation of 'The World's Worst Super Villain' by David Bateman. Congratulations to all girls and staff involved for a wonderfully entertaining competition. Special thanks to Mrs Darcy Tindale for her adjudication of the event.

CIS Cross Country Carnival
Mr Paul Guirreri | JSPDHPE Coordinator

Next Thursday also sees the running of the CIS Cross Country Carnival at Eastern Creek. The following girls have been selected in the IPSHA team: Cate Atkinson, Elizabeth Bailey, Mackenzie Luu, Skye Pullen, Imogen Robertson, Margot Story and Kiera Yerbury. The girls should be commended on how hard they have trained since the IPSHA Carnival, clocking up more than 30km at training since the start of the term! We look forward to sharing the results with you in an upcoming Shuttle.
ANZAC Illustrated
30 May to 30 June 2018
Honouring the Anzac centenary, Books Illustrated, Melbourne, and GCS Gallery present a range of illustrations from Australian picture books capturing the theme of war and the Anzac spirit.

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<tr>
<th>Works by Illustrators:</th>
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<tr>
<td>Michael Camilleri</td>
<td>One Minute's Silence by David Metzenthen</td>
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<td>Belinda Elliott</td>
<td>Jack's Bugle by Krista Bell</td>
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<td>Greg Holfeld</td>
<td>An ANZAC Tale by Ruth Starke</td>
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<td>Frane Lessac</td>
<td>Midnight by Mark Greenwood</td>
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<td>Andrew McLean</td>
<td>Along the Road to Gundagai by Jack O'Hagan</td>
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<td>Andrew Plant</td>
<td>The Poppy by Andrew Plant</td>
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<td>Brian Simmonds</td>
<td>Light Horse Boy by Dianne Wolfer</td>
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<td>Craig Smith</td>
<td>I was only Nineteen by John Schumann</td>
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<td>Owen Swan</td>
<td>Anzac Biscuits by Phil Cummings</td>
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<td>Shaun Tan</td>
<td>Memorial</td>
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<td>Jane Tanner</td>
<td>The Soldier's Gift by Jane Tanner and Tony Palmer</td>
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<td>Annie White</td>
<td>Gallipoli by Kerry Greenwood</td>
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<td>Mark Wilson</td>
<td>Digger, My Mother's Eyes, Afghanistan Pup all by Mark Wilson and A Day to Remember by Jackie French</td>
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In conjunction with the Abbotsleigh Literary Festival 5-7 June 2018
Artwork by Mark Holfeld from An Anzac Tale, written by Ruth Starke

When I Grow Up!
Mrs Kylie George | JS Classroom Teacher

Every term there are many highlights, but the one that the girls like the best is the Year 6 Fundraiser. This year the theme is 'When I Grow Up!' This year it will be held on Wednesday 27 June (Week 9).

In order to have a successful day, please make your daughter aware of the following instructions:

1. Wear your school uniform to and from school, and bring your When I Grow Up! themed costume to get changed into. (You may like to come dressed in your dream job outfit, or as someone you aspire to be when you are older.)

2. Bring money! As well as many games, there will be stalls, and you don’t want to miss out! Please also remember to bring a gold coin donation for wearing mufti.

3. Make sure you have returned your Year 6 barbecue lunch order, and remember to collect your lunch on the day.

4. Please wear appropriate clothes. Here are some clothing items that are not permitted:
   - High heels or open toe shoes
   - Singlet tops
   - Very short shorts
   - Jewellery, makeup and nail polish
   - Hair worn out – it has to be tied up!

5. What you can wear and bring:
   - All items have to be labelled
   - You must bring your schoolbag
   - Shirt must cover your shoulders

6. Your costume must be:
   - Age appropriate
   - Original
   - Related to the theme 'When I Grow Up!'

7. Have fun!

ISDA debaters through to semi finals
Miss Susanna Matters | JS Classroom Teacher

Congratulations to our Primary B ISDA Debating Team who have qualified for the semi finals of this exciting competition. The girls secured their place in the semi finals with a thrilling win over Pymble Ladies' College on Friday 1 June 2018. The topic was 'that sport stars are paid too much' and our girls argued the negative side.

We look forward to competing next Friday 15 June.
Educating the whole person
Mrs Marg Selby | Careers Advisor

In the Abbotsleigh strategic plan for 2018-2025, the girls are encouraged to ‘find their future’ and to ‘find their passion’. Our school offers them the opportunity to ‘be more’ and it teaches ‘lessons to last a lifetime’. This is reassuring news for their future employment prospects, as the workplace is looking for just such people.

This week, I attended a conference where recruiters from many of the largest firms in Australia spoke of what they look for when sourcing new recruits for their workplace. Without exception, they were all looking for the ‘added extras’ that each candidate could bring to their workplace. It was a given that their tertiary education would be adequate for the job they would be required to do, but it was the individual talents and interests that made candidates appealing. They also were looking for students with a broad general educational background like Arts graduates. Arts graduates have again become highly favoured employees with today’s recruiters, for the flexible and critical thinking the degree provides to its graduates. Thus, we are doing the best for our girls’ futures, by encouraging them to become involved in a range of co-curricular interests and to take a broad range of subjects for their HSC. We encourage them not to focus solely on their academic pursuits, important as they are!

This same trend is being observed in the way that many tertiary education providers are now selecting their students. A number of the Early Entry schemes are based around the student’s involvement in community service and co-curricular activities and these attributes are regarded as highly as their academic achievements. The overriding importance of the ATAR is becoming a thing of the past and top-ranking universities, such as the ANU, will select their 2020 cohort, from the 2019 HSC students, through a holistic application lodged between March and May 2019. The students will be advised of their conditional offer by early August and so can prepare for their final exams with renewed vigour, knowing they have already secured a university place.

For suggestions on how to develop or extend your interests, take a look at the Careers page on AbbNet for the holiday activities shown there.

How to Find
the Book Fair

Where can I Park?
• Woodville Avenue
• Munderah St & Gilda Avenue, across Highway from School.
• Knox Carpark off Borambili St.
• Check for Pacific Highway parking restrictions on Sunday.

THANKS TO
KNOX GRAMMAR SCHOOL FOR THE VENUE

GENERAL INFORMATION
• Donations cannot be accepted at the Bookfair
• Donations of books can be left at Lifeline Book Depot, Polder Rd, West Lindfield preferably on Mondays, Tuesdays or Wednesdays (10am-3pm) or Lifeline H2H Office Car Park, Pearson Avenue, Gordon at any time
• Our sheds are emptied regularly, however if the Book shed is full, please consider coming back later in the week to ensure we do not miss out on your donation due to weather damage
• Please do not leave encyclopedias
• Further details on donations, see website www.lifelineh2h.org.au

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Need crisis support now? We’re here to help. Call 13 11 14 (24/7)
Abbotsleigh Junior School Production 2018

Wednesday 20 June 12.45-1.45 pm
Thursday 21 June 7-8.30 pm
Friday 22 June 7-8.30 pm

Tickets $22 adults, $16 children
Everett Hall, Abbotsleigh Junior School

Visit www.trybooking.com/VSHX
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In your wildest dreams you cannot imagine the marvellous surprises that await you! 27 June, 5.30-9 pm.