

# The Shuttle

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Time flies faster than a weaver's shuttle.



### FROM THE HEADMISTRESS

## Abbotsleigh seizes the moment to Bee Kind

Mrs Megan Krimmer  
Headmistress

*'Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.'* – Mother Teresa



One of my favourite quotes (yes, I have many) is the one above by Mother Teresa, who lived and breathed kindness to all; she most definitely had kindness in her face, in her eyes and in her smile. As you would be aware, Mother Teresa made an enormous impact on all those whom she met, and she certainly made a phenomenally positive difference to the poorest of the poor to whom she dedicated her life's work.

This week we have been celebrating World Kindness Day (Monday 13 November), which 'was created to celebrate kindness and all of its wonderful benefits.' Our Prefects gave an excellent presentation in Senior School assembly and our Junior School also celebrated World Kindness Day in their assembly today.

Our girls are incredibly compassionate, and I am always so proud of them when I see their enthusiastic determination to help others who are less fortunate than they are. I am also very proud of them when I see them making a determined effort to be inclusive and kind to one another.

World Kindness Day has been a great opportunity to promote acceptance, diversity, empathy, respect and love, and it has been so positive to acknowledge how important it is to be kind to one another all day, every day at Abbotsleigh this week.

I commend to you the excellent article by our Director of Wellbeing, Mrs Liz Cannon, and the speech delivered by Sarah Sherlock (Vice Head Prefect – Houses 2023/24) and Jemma Chamberlain (Vice Head Prefect – Duties 2023/24) to the senior girls on Tuesday. It is just so important to be kind.

## Wellbeing Matters: World Kindness Day 13 November 2023

Liz Cannon  
Director of Wellbeing

*Let's try to make every day Kindness Day.*

World Kindness Day is an annual event, celebrated worldwide on 13 November. It was created to celebrate kindness and all of its wonderful benefits. It is a great opportunity to promote acceptance, diversity, empathy, respect and love!



ABBOTSLEIGH

Visit the **Parent Portal** to edit your profile, view the calendar and view parent notices.

This week at Abbotsleigh we celebrated World Kindness Day across both campuses. We suggested to the girls to try to demonstrate kindness on a daily basis and challenged them to do an act of kindness each day. It could be anything from giving a genuine compliment, doing a favour for someone, or surprising a family member or a friend with a small treat, writing a thank you letter or doing something for those who are less fortunate and less privileged – such as participating in our annual Anglicare Hamper drive. Please see below the wonderful presentation that Sarah Sherlock and Jemma Chamberlain shared with the Senior School assembly.

Random acts of kindness are one of the best ways to spread happiness and joy to yourself and others!

Being kind to ourselves is also very important. Taking care of our health and wellbeing so that we are able to flourish and make a difference to the world even in just a small way.

Showing kindness towards the planet itself is also important. In today's world our environment needs some kindness and care. Something as small as planting a plant or a tree, or not littering, recycling, or turning off lights when you leave a room – anything that is kind to our planet earth.



The main message is that kindness is not just a day – it really should be a way of life. Perhaps, if you don't already, this is something that as a family you could focus on over the Christmas holiday break, so that every day is Kindness Day.

## World Kindness Day assembly presentation

Sarah Sherlock  
Vice Head Prefect – Houses 2023/24

Jemma Chamberlain  
Vice Head Prefect – Duties 2023/24

If we stood here today and asked you, "What does it mean to be kind?" there is no doubt you would be able to give us an answer. If we asked you to write down examples of kindness, you would be able to give us many. As individuals and as a school community we understand what kindness is and how to give it. But, sometimes that is the place it stops. We get busy or other things become a priority, or we simply forget.

Today as we recognise World Kindness Day we want to bring the focus back onto kindness and turn that head knowledge into action. Why do we want to do that? Why does kindness matter?

Well, we will answer that with another question...

*How does it make you feel when you are kind to someone else or someone else is kind to you?*

Kindness is a little word with a powerful impact. A powerful impact for the person receiving it, but not just for them. It also has a powerful impact on the person giving it. Kindness changes the atmosphere of the room or situation that it is given in. Indeed, aligning with the theme of World Kindness Day 2023, "Acts of kindness start a ripple of change that can transform the lives of children, families, and entire communities."

Here are some thoughts about kindness you may not have considered:

- Kindness is one of the few things you can never have too much of.
- Kindness doesn't cost anything but has enormous value.
- Kindness is contagious. Kind acts have a positive ripple effect.

- Kindness makes you more attractive. That's right, you heard correctly – research has shown that kind individuals are often considered better-looking.
- Kindness can be offered anywhere at any time. It doesn't have to be a big gesture. It can be as simple as when you walk up to a queue at the same time as someone else let them go first.
- Kindness has health benefits. It can increase self-esteem, empathy, compassion, and improve your mood. If you are feeling a bit flat or a bit busy or a bit stressed with exams – be kind to someone – it will help you both!
- Kindness makes our friendships and our school and our world a better place.

So, today we want to finish up by encouraging everyone, all of us, to be kind and we want to do that by offering a challenge – make time each day to be kind to someone, to a friend or a someone you don't know well. Look for opportunities and be kind. In a world where you can be anything, be kind.



# Chaplain

## Expressions of Christianity

Rev Polly Butterworth  
Chaplain

This term in chapel, we are focusing on Jesus as a light to the world. Each week, girls have heard guest speakers who have described different cultural expressions of Christianity. Jeri shared what it means to be an Indian Christian and showed pictures of her Christmas sari. Chim and Solana spoke about Christianity in Hong Kong and shared a Chinese song. Brooke encouraged a message of reconciliation as an Indigenous Christian, and the staff band taught students an Arabic worship song.

Through this series, we have been able to see how God has worked throughout the whole world to spread the good news of Jesus. We have also reflected on Revelation 7, which gives us a picture of the new creation with a multi-cultural, multi-language people praising God; "every nation, tribe, people and language, standing before the throne and before



the Lamb." We look forward to hearing African and Lebanese expressions of Christianity in the following weeks, and the series will culminate with students speaking about their unique cultural traditions at Christmas.

# Community

## Abbotsleigh Giving Day 2023 – A HUGE thank you!!

Jo Ingwell  
Fundraising Manager

What an incredible response from our Abbotsleigh Community!

Heartfelt gratitude to our generous donors who played a pivotal role in the success of Abbotsleigh's third **Giving Day**. Connecting with so many of you on the day created a vibrant atmosphere across the campus. This year marked a record number of contributors, uniting our entire community, from current to past parents, Old Girls, and friends of Abbotsleigh.

The donations were matched and tripled on the day, adding an extra layer of excitement and reward. A special thanks to our



Matchers, whose generosity significantly contributed to the fundraiser's enormous success.

We're thrilled to announce a total of **\$335,200 raised!**

Because of you this year's funds will be able to support Indigenous and Kathleen McCredie means-tested scholarships through the Foundation. Every dollar is truly cherished, making a substantial impact for our current and future scholars.



## Uniform Shop holiday trading

Mrs Lorraine Boothby  
Uniform Shop Manager

Please note that the last day of trading for 2023 is  
Wednesday 6 December (9.30 am-4 pm)

### Holiday opening times for 2024

- Monday 8 to Thursday 25 January (weekdays only) 9.30 am-4 pm
- Closed 26 January 2024 (Public holiday)
- Monday 29 to Wednesday 31 January from 9.30 am-5 pm
- Normal trading hours resume on Thursday 1 February

Please call the Uniform Shop to make an appointment on 02 9473 7832.



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# Junior School

## Reasons for hope and gratitude

Ms Sally Ruston  
*Head of Junior School*

I know that on any number of measures we are indeed fortunate. I am, our girls are and so too is our community. While we all face challenges, competing demands and time pressures, when we stand above and view our lot, it is a good and rich one. Yet none of this should be taken for granted. Our very wellbeing demands that we reflect to find opportunity for gratitude. Equally, we know that we have an ongoing responsibility – both individually and collectively – to give back to the community and the world that so sustains us.

We took time this week to reflect and show our gratitude during our **Remembrance Day Service** as we all gathered around the flagpole to give thanks and show our appreciation for those men and women who have gone before us to ensure that Australia remains the peaceful democracy that we enjoy today. Our girls' quiet solemnity and reflective demeanour clearly demonstrated their understanding of the importance of showing gratitude as we heard about the remarkable service of Officer Clare Grant Stevenson.

Our annual 'athon' has been an extraordinary event year-on-year where we have typically raised more than \$20,000 to support the work of **St Jude's School in Tanzania**.

This year we are holding *Service for St Jude's-athon* to further build our girls' capacity to recognise how they can contribute, give service and share kindness. We know from the recent ACER Social Emotional Wellbeing Survey that being empathic, showing consideration for others and not being 'mean on purpose' can at times challenge our girls. Helping them see how simple acts of kindness makes both the recipient and the initiator both feel good is an important resilience message.

The generosity of our community has been so evident through our 'athons' and we are hopeful of another strong outcome this year. When we heard from Gemma Sisia earlier this year as she visited Abbotsleigh, we gained an insight into how the money that we raised was spent.

Equally, our girls gained an understanding and appreciation for the remarkable work being done in Tanzania to fight poverty through education. If you would like to know more St Jude's please [click here](#).

Supporting **Anglican Aid's program of Toys 'n' Tucker** through donating and placing food and toys under the Christmas tree in the Reception foyer has again seen an extraordinary response as can be seen in the photo below.

Our girls, in collaboration with their parents, have been hugely generous. Such responsiveness will ensure that many more families are able to enjoy a bountiful and joyous Christmas this year.

There are just so many ways in which our girls, staff, parents and broader Abbotsleigh community look beyond our own needs to show gratitude and provide visible support to others.

We are the better for such actions and so too are those who enjoy the benefit of our labours. Making our world a better place, one small step at a time, is an honourable pursuit for each of us.





## Year 2 Celebration and Soirée and Year 3 Soirée

Ms Sally Ruston  
Head of Junior School

This time of year is most rewarding for our Year 2 and 3 musicians. The building of string ensembles and concert bands with the refinement of solo items culminates at our end of year performances. The Instrumental Programs provide a unique opportunity to learn a variety of string, brass and woodwind instruments. The soirées will provide performance experience where the girls can showcase their newly grown skills and musicality. We look forward to the performances being held next week and the week after on the following dates:

- **Year 2 Celebration and Soirée** – Thursday 23 November at 6 pm in Everett Hall
- **Year 3 Soirée** – Tuesday 28 November at 6 pm in Everett Hall

## Kids giving back

Ms Sally Ruston  
Head of Junior School

The following is a wonderful illustration of how our girls are being great ambassadors in going beyond our school community to 'give back'. These girls have spent time during holidays and weekends contributing to community programs to prepare and serve meals before deliveries made to 21 charities around Sydney:

- Eva Bennetts
- Olivia Kriedemann
- Rachel Theresia
- Riley Theresia

Their outstanding leadership, empathy, and civic commitment serve as a source of inspiration and reflect our school's values.

If you would like your daughter to be involved in this program over the coming Christmas holidays, then please visit the [\*\*Kids Giving Back summer holiday program\*\*](#).

## Year 5 moon cake making incursion

Mrs Ming Urwin  
JS Mandarin Teacher

Culture is a significant part of language learning as it provides the context, depth and richness that words alone cannot convey. Language is not just a set of rules and vocabulary; it is deeply intertwined with a community's customs, traditions and values. The Chinese Mid-Autumn Festival this year was at the end of our Term 3 holiday.

However, it's never too late to celebrate and engage students with a hands on, moon cake making activity, which adds depth to the language learning experience, making it more meaningful and enjoyable.

This moon cake making event was also a community building and social activity. We were fortunate to have parents and grandparent helpers: Ms Nancy Jia, Mr Kee Meng Wee and Mrs Dong Xia Yang, who volunteered their time to provide their expertise in moon cake making.

Student representatives also presented their research for the moon festival.

Integrating hands on, moon cake making activities will deepen our Year 5 language learners' understanding and appreciation of the cultural context, fostering a more immersive and meaningful language learning journey.





## Year 6 Surf Ed excursion

Mrs Brittany Carrington  
Year 6 Coordinator

Year 6 were lucky enough to enjoy a sun drenched day at Manly Beach on Thursday 9 November. Dressed in their wetsuits and red rash vests, the girls were ready for a day of hands on learning with friends. The students participated in three rotational activities aimed at developing a range of practical skills, like floating, wading and paddling on surf boards. In between sessions, the girls took advantage of the opportunity to build sandcastles and run along the shore. Students and teachers will remember their day at Manly Beach for many years to come.



## Infants Swimming Carnival 2023

Mrs Paul Guirrerri  
Head of JS Sport and PDHPE

Last Friday, our Infants girls took part in their annual Swimming Carnival. The girls were well prepared after our Infants Intensive Swimming Week, which was held in the Junior School pool and our trials in our fabulous Senior School Aquatic Centre. The girls competed with determination and excellent sportsmanship throughout the day. We had races ranging from 12.5 m to 50 m and events of freestyle, breaststroke, backstroke and butterfly. Pleasingly, we had 20 more races overall compared to 2022!

The girls in each year group accumulate points during the day based on their performance. The highest point scorers in each year group are awarded a pennant for their outstanding performance. Congratulations to the following girls:

- **Year 2** – Isabella Brunacci, Alison Deng, Rosie Tan, Gwynevere Wicht
- **Year 1** – Rina Kim, Fidela Ng, Hailey Zhou
- **Kindergarten** – Mia Chow, Serena Jia, Olivia Kriedemann, Ellie Ma

At the conclusion of all events, Wentworth were awarded Colour House winners for 2023. Congratulations to them, and to our other houses for providing such worthy competition.

We sincerely thank our parent helpers for their keen involvement and assistance on the day. Well done to our Year 6 House and Sport Captains for their support and outstanding leadership and assistance with the girls throughout the day.

Last but not least, we thank our Infants teachers and specialists led by Mrs van Bussel, for being wonderfully supportive of the girls and proactive in ensuring that the day was a success.



## JS Tennis results 2023

Mr Paul Guirrerri  
Head of JS Sport and PDHPE

Congratulations to the following girls who were presented with Junior School tennis trophies at Friday's Primary assembly.

- **The Hutchinson (Singles) Cup:**  
Stephanie Huang (6D)
- **The Homedale (Doubles) Cup:**  
Stephanie Huang (6D) and Amanda Tan (6D)
- **The Cameron Tennis School Cup:**  
Annabelle Eldridge (6G)

## JS Snowsports success

Mr Paul Guirrerri  
Head of JS Sport and PDHPE

Congratulations to Andelaine Mackie (4L) who was awarded the Junior School Skiing Cup as our most outstanding Snowsports participant for 2023.

Andelaine had a wonderful season winning a number of individual gold medals and is a most deserving recipient of the award.

## Term 1 2024 IPSHA Saturday Sport

Mr Paul Guirrerri  
Head of JS Sport and PDHPE

A reminder that registrations close this weekend for Term 1 2024 IPSHA Saturday Sport.

Girls in Years 3-6 can register for football, girls in Years 4-6 for flippa ball and girls in Years 5-6 for water polo.

If you have not registered your daughter and are keen for them to participate, please complete the online registration form [here](#).

## Abbotsleigh Invitational Swimming and Diving Carnival 2023

Mr Paul Guirrerri  
Head of JS Sport and PDHPE

On Wednesday afternoon, 28 girls represented the Junior School in our annual Invitational carnival. We welcomed boys and girls from Barker, Knox and Grammar St Ives to compete

against our girls. A fabulous time was had by all and our girls benefitted from some much needed race and competition practice. It was wonderful to see a big crowd stay on to support the diving competition which concluded the event in spectacular fashion. Well done girls!

## Kids Club – vacation care over the holiday break and Before and After School Care in 2024



Ms Sally Ruston  
Head of Junior School

Our **Before and After School Care** concludes on Wednesday 6 December 2023. We take this opportunity to thank all families and staff who have supported our service this year and wish you a very joyous Christmas and relaxing summer break.

We are once again pleased to offer **Vacation Care** from Thursday 7 December until Friday 22 December 2023. After a short break we will reopen on 15 January and provide vacation care until Monday 29 January 2024. Please note we will be closed Australia Day, Friday 26 January 2024.

To find out more about the holiday program, please email [Paige Dowd](#) at Kids Club OSHC, or phone 0408 092 413.

**2024 Before and After School Care** will recommence on Tuesday 30 January 2024. Our Before School Care service is offered from 7-8.15 am for all girls arriving at school before 7.45 am who are not in an organised activity. In this way we can ensure that all children are safe, engaged in play and cared for. After School Care operates from the end of school until 6.30 pm, with the flexibility of attending AbbSchool activities while still enjoying afternoon tea, games and craft!



**2024 fees**• **Before School Care:**

- Permanent fees: \$24\* per morning
- Casual fees: \$27\* per morning

• **After School Care:**

- Permanent fees: \$34\* per afternoon
- Casual fees: \$38\* per afternoon

\*Prices subject to change in 2024

**Child Care rebates** are available for eligible families. These can be accessed by applying through Centrelink online.

**Registration**

We encourage all families not currently registered for Before and After School Care to [click here](#) and follow the steps to complete the enrolment form. This ensures that Kids Club care is always available to your daughter.

# Senior School

## Dusted Off

Grace Li and Grace Zeng  
Year 10

Last Wednesday, Year 10 had the opportunity to attend Dusted Off, a one-man show by actor, musician and singer/songwriter Brett Hunt. Tying into our studies in the history of Australia's involvement in the Vietnam war, Brett brought to the stage the moving story of his family and his Vietnam war veteran father, Private Frank Hunt – the eponymous Frankie *who kicked a mine the day that mankind kicked the moon*, as described in Redgum's iconic song, 'I was only 19'.

We were all captivated as Brett skilfully used song and storytelling to recount his family's experiences of the Vietnam war: how his parents met, his father's enlistment into the war aged 19, the minefield in Vietnam that left him removing shrapnel for the rest of his life, and the unwelcome circumstances that awaited returning veterans back home.

The stories were infused with music that Brett had composed, accompanied by atmospheric sound effects and his amazing embodiment of different characters. In particular, vivid scenes of conflict during his father's service

were brought to life through innovative uses of the guitar to evoke the physical and emotional environment of a scene. Two standout examples of this were the recreation of the helicopter's rotor as it evacuated his father from the minefield, and the echo effect used to convey the fear and tension experienced in the Vietnam jungle. It was truly astounding watching him seamlessly transition between narration, song and sound effects, and many of us shed a few tears at certain points of the 70-minute incursion.

Brett did brilliantly in engaging us in a difficult and sobering story, achieving the perfect balance between performance and remembrance in the discussion of unfathomable events. His raw honesty in passing on the legacy of his father, and all war veterans, served as a powerful reminder of the duty we all hold in recognising and commemorating a significant part of Australia's history.



## Abbotsleigh rocks at Battle of the Bands Competition

Dr Georgia Luikens  
SS Music Teacher and Rock Bands Coordinator

The Rock Band Program at Abbotsleigh continues to go from strength to strength. Many of the girls also moonlight as classical musicians and enjoy stretching their already multi-instrumentalist gifts one step further.

On Sunday 12 November, two of our rock bands, ONCE, comprising Year 9 students Shirley Zhang (vocals and guitar), Sarah He (guitar), Lauren Kwong (bass), Jessica Liu (keyboard) and Catherine Grice (drums) and CALYPSO comprising Year 10 students Juliet Henderson (vocals), Cecilia Lung (guitar), Laura Bogdanovic (guitar), Saskia Beletich (bass), Reanne Alwis (keyboard) and Seraphina Li

(drums), performed at St Joseph's College annual Battle of the Bands. ONCE played 'Don't Look Back in Anger' by Oasis and CALYPSO played 'Baby Come Back' by Player.

Arranging their covers and rehearsing multiple times a week in the lead up to the competition, both bands played with confidence and embodied a true rock aesthetic. Shirley Zhang wrote about the day, "It was a fantastic and valuable experience. We had a really good time being on the stage again, as we could see our improvement from last year, and we enjoyed the sunny weather and hearing the other bands. Overall, it was an amazing performance experience, and we thoroughly enjoyed the event!"

Indeed, all the girls should be congratulated on their work ethic, their professionalism and their musicality.



# Australian Mathematics Competition results

Ms Betina Wrightson  
Head of Mathematics and Data Analysis

The **Australian Mathematics Competition (AMC)** is one of Australia's largest school-based problem solving mathematics competitions.

This year Abbotsleigh had more than 40% of Years 7-11 enrolled in this prestigious competition and achieved the following sensational results. Of particular note, Grace Wang from Year 9, was awarded a special prize in achieving the best result from Abbotsleigh for 2023.

	High Distinction	Distinction	Credit
	Top 3% of all national entrants	Top 20% of all national entrants	Top 40% of all national entrants
Year 7	5	36	51
Year 8	3	25	55
Year 9	1	19	49
Year 10	4	18	49
Year 11	1	17	45

# Computational and Algorithmic Thinking (CAT) competition

The Computational and Algorithmic Thinking (CAT) competition gives students the opportunity to develop their problem-solving skills through algorithmic thinking.

This year Abbotsleigh had more than 40% of Years 7-10 in this competition and achieved the following wonderful results. Of particular note, Annabelle MacLeod from Year 8, was awarded a special prize in achieving the best result from Abbotsleigh for 2023.

	High Distinction	Distinction	Credit
	Top 2% of all national entrants	Top 15% of all national entrants	Top 50% of all national entrants
Year 7	2	13	48
Year 8	3	16	39
Year 9	-	5	47
Year 10	1	10	39



## International Competitions and Assessments for Schools (ICAS) – Mathematics

The ICAS mathematics competition is conducted annually in Australia and in more than 20 countries in Asia, Africa, Europe, the Pacific and America. It provides an opportunity for students to apply their mathematical skills, such as logical reasoning, problem solving and critical thinking skills in the areas of number, arithmetic, algebra, patterns, measures and units, space, geometry, chance and data.

This year at Abbotsleigh many students in Year 7-10 participated in this competition. Below is a summary of the great results. Of particular note, Sylvia Zhang (Year 10), was awarded a medal, scoring the highest score in the NSW region for her year group.

	High Distinction	Distinction	Credit
	Top 1% of all region entrants	Top 10% of all region entrants	Top 40% of all region entrants
Year 7	6	19	51
Year 8	3	30	57
Year 9	3	28	48
Year 10	4	20	56

## The importance of direction

Mrs Marg Selby  
Careers Adviser and Exchange Coordinator

A recent investigative report by researchers at the University of Derby has concluded that careers guidance is a powerful tool that can make a huge difference to how people think about and plan their future. The goal of successful careers guidance is that candidates will be able to build happy, purposeful and successful lives, whether it is through their educational choices, their work preferences, voluntary work they choose to undertake or their role in caring for family. It can assist them to integrate their talents and interests so they can source meaningful work, while having the fulfilment of giving back to their community.

We aim that our students leave school with some positive goals in mind, yet armed with the knowledge that a career pathway is rarely linear and that there will be lots of twists and turns along the way. This is because they are likely to discover new interests and directions, that better suit their current circumstances as they move through life. They do not need to leave school with a 'passion', but merely to have a notion of what sort of thing might bring satisfaction and meaning to their lives. As students leave school, they need to be clear in their mind that there is no one course, university or career path that is the only one capable of bringing them all they hope for.

Many universities offer similar courses, and it is a folly to think that you will only get a good job if you focus on a course at one particular university. How do you think other courses and universities continue to flourish if their graduates do not get employed? There are universal standards set for every tertiary course across Australia to ensure that students have equal employability prospects on graduation. Being a flexible and adaptable thinker is one of the most sought-after traits amongst modern employers, and so it is important for our girls to leave school with an open mind and a thirst for life-long learning, in their quest for a satisfying career path.

For up-to-date information about webinars, open days and the like, please visit the **Careers information page** on AbbNet.