

# The Shuttle

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Time flies faster than a weaver's shuttle.



### FROM THE HEADMISTRESS

Abbotsleigh seizes the moment to  
**help our girls stay safe**

Mrs Megan Krimmer  
Headmistress

I am delighted to be back in Australia and at Abbotsleigh after three wonderful weeks of overseas travel, incredible learning and reflection. I would very much like to thank Mrs Victoria Rennie for running the School so well in my absence, as well as the whole Senior Leadership team and all of our staff who supported Mrs Rennie so beautifully. I also would like to thank the School Council very much for the incredible opportunity of a sabbatical at this very busy time of the year. Thank you so much.

At Abbotsleigh this week, our parents had the chance to hear from Paul Dillon about the latest research on drugs and alcohol and keeping our girls safe. Paul is a world-renowned expert in this field and his parent seminar was a great adjunct to the seminars he ran with girls in Years 10 and 11 last term. I have heard Paul speak many times, yet every time I hear him, I learn something new as his research and experience are so current and relevant.

I would like to thank our Director of Wellbeing, Mrs Liz Cannon, very much for organising these important student and parent seminars. Thank you, too, to the APA whose sponsorship of this and other parent events is so appreciated.

Mrs Cannon has written an excellent article (following) that highlights the critical points made by Paul Dillon. I commend Mrs Cannon's article to you.

## Parent seminar: Paul Dillon: How to help to keep your daughter safe around drugs and alcohol



We were delighted to have so many parents join a seminar presented by Paul Dillon from DARTA (Drug and Alcohol Research and Training Australia) this week about ways to help keep their children safe around alcohol and drugs in social situations. Paul is Australia's expert in alcohol and drug education and has been a regular presenter each year at Abbotsleigh for more than a decade. Special thanks to

the APA for funding this important webinar.

Adolescence is a time for healthy exploration of identity and learning independence. Our older students are learning about socialising safely and seeking relational ways to have fun. We know this is a balancing act for parents as they want to allow their daughters to socialise, but also need to keep the age-appropriate boundaries there for their children's safety.

Paul provided a plethora of strategies for parents in regard to setting boundaries. His aim is to empower parents with a positive message and assist them in having open and honest family discussions in this complex area. He emphasised the



ABBOTSLEIGH

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

positive influence that parents can have on their child's behaviour in terms of alcohol and other drug use, as well as the barriers that young people may face during adolescence.

- Paul reminded parents that the majority of adolescents do not drink alcohol and showed very clear research on this fact. Paul focused on the changes in patterns of alcohol use that have occurred in recent years, including that teenage alcohol consumption has decreased. He also discussed a number of 'hot topics' that have received recent media attention, including vaping.
- Paul highlighted the importance of not supporting teenage drinking and he challenged parents to reflect on their own attitudes and behaviour towards alcohol use as this may influence the drinking behaviour of children.
- Paul stated that most teenagers do want to socialise and attend parties and gatherings, especially after periods of lockdown over the past few years. It is important that parents are aware and provide age-appropriate monitoring. Paul included practical strategies and tips for parents to help ensure that they are as safe as possible.

#### Paul's 'golden rules' for parents:

- Know where your daughter is
- Know who they are with
- Know when they will be home
- Find out as much as possible about the event. Paul stated that it is essential for parents to contact the host parents before allowing their daughter to attend, to ensure that adults will be present, and that no alcohol will be served if teenagers are under 18.
- If you have an uneasy feeling about a gathering, either say no or set very tight limits around attendance.
- Never serve alcohol at an under 18s party – Paul emphasised that not only is this dangerous, it's against the law for parents to supply alcohol to underage teenagers.
- Drive your daughter to and from the party and be very wary of sleepovers after a party.
- Make a pact with your daughter that she can call you at any time if she is at an event where she does not feel safe or comfortable and you will collect her with no questions asked. Have a 'code word' that if your daughters says or texts that word to you when she is at a party, you call her and then collect her straight away. Make sure she knows that she can tell you anything, no matter how bad it seems, and you will listen, not overreact and will help her to work out a way forward. It is essential that your daughter is not afraid to talk to you.

Paul stressed that parents must set age-appropriate boundaries around party attendance to reduce the risk of danger for our teenagers. These boundaries need to be reviewed as they get older. Emphasise that while you respect your daughter's right to privacy, you need to know the answers to the abovementioned questions as your chief concern is their safety. This is not about spoiling their fun! We want them to have a good time, but we need them to be safe.

#### Note: Using Ubers

You must be 18 years or older to ride in an Uber without an adult, or to have an Uber Eats account. Account holders can't request a ride or delivery for someone under the age of 18 who will not be accompanied by either the account holder or another adult during the ride or when collecting the delivery. Read the Uber guidelines [here](#).

#### Emergency Plus app

The Emergency Plus app is one that Paul recommends that everyone download to their phone. By downloading the Emergency Plus app, you'll equip yourself with a powerful tool that will help you call 000 quickly and allow you to accurately communicate your location to emergency call takers. This is particularly useful if your daughter is at a party in a public area, such as a beach or park, and is not aware of the street address. The Years 10-12 girls were asked by Paul to put this app on their phone.

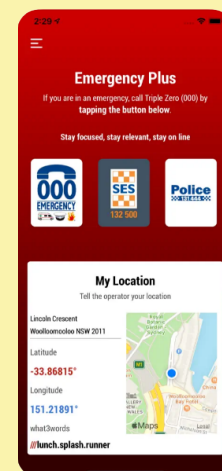
Download the app from:

- [The Apple app store](#)
- [The Google Play store](#)

#### Student sessions with Paul Dillon

In Term 3, our Years 10 and 11 girls were provided with invaluable information about keeping themselves safe and keeping their friends safe around drugs and alcohol. Paul presented practical strategies in a most engaging way for young people to use if needed. He also spoke to the girls about how to prepare for a safe night out. Read [10 tips for a safe night out](#).

Paul reminded the girls that most of the Years 10 and 11 students across Australia do not drink alcohol and do not take drugs. The media can sometimes portray this quite differently. He was able to explain the dangers of vaping and the harm caused by this practice. You can read more information about [e-cigarettes and vaping here](#). Please know that this practice is in the same category as smoking and drug use at Abbotsleigh – it is completely unacceptable and will not be tolerated.



Paul spoke about the bigger picture of mental health in 2023 and emphasised the importance of reaching out and seeking help if girls have any worries or need support. He spoke of the support from both home and school and reminded the girls that the Kids Helpline (1800 55 1800) is always available to assist them with any concerns. We asked the girls to save this number in their phones.

The **DARTA** website is an excellent resource that I recommend to you. Please also remember that School TV

has resources on many wellbeing themes including drugs and vaping, such as this **valuable clip** about talking to your children about drugs.

Please do let me know if I can support you in any way in the wellbeing of your daughter.

Liz Cannon  
Director of Wellbeing  
[cannonl@abbotsleigh.nsw.edu.au](mailto:cannonl@abbotsleigh.nsw.edu.au)  
9473 7836

# Community

## Spring Instrumental Festival – Save the date!

Mrs Lynette Clarke  
Head of Music

**Wednesday 1 November from 4 pm till 7.45 pm**

This festival involves a series of short concerts held concurrently in multiple venues around the Abbotsleigh Senior School campus providing a relaxed and positive environment to develop students' performance skills. All JS and SS students and their families and friends are welcome to attend.

The short instrumental/vocal concerts will be spread across the Senior School campus in the Peter Duly Concert Hall, Assembly Hall, Chapel, Lecture Theatre, Forum and Music Department classroom spaces between 4-6.15 pm. A cake stall will also be running throughout the afternoon outside the Assembly Hall.

The festival will close with a final Ensembles Concert from 6.30-7.45 pm.

### Senior School ensembles performing as part of the closing Ensembles Concert:

Concert Band, Brass Ensemble, Clarinet Ensemble, Flute Ensemble, Jazz Ensemble, Percussion Ensemble, Saxophone Ensemble, Sinfonietta, String Ensemble, Vocal Ensemble

### Senior School ensembles performing as part of the Solo Instrumental/Vocal Concerts earlier in the afternoon:

Rock Band (Once), French Horn Ensemble, Cello Ensemble, Piano Quintet



## School Student Travel Term 4 2023

OFFICIAL



## 2024 school travel applications are now open

Students who need a School Opal card or travel pass for 2024 can **apply here**. A new application will need to be submitted if they are applying for the first time, or if they are requesting additional travel entitlement because of new shared parental arrangement (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should **renew or update** their details before the end of Term 4. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2024 school year. School Opal card holders will have the changes applied to their existing card.

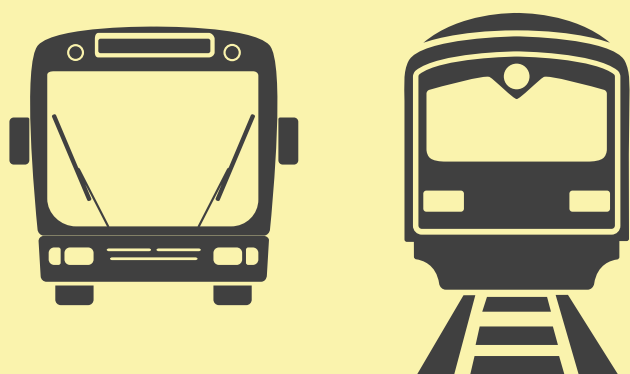


If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new **eligibility criteria**, we will send them an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

**Term Bus Pass** holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2024.



**ST LUCY'S SCHOOL**  
**RAFFLE!**

**9 FANTASTIC PRIZES TO BE WON!**  
Please support St Lucy's School by purchasing tickets in our 2023 raffle. The aim of the raffle is to raise funds for our Central Coast Bus.

<b>1ST PRIZE</b> <b>PALM BEACH 2 NIGHT STAY</b> <p>INCLUDES \$100 voucher at the Boathouse Group</p> <p>Two nights' accommodation for 10 guests in a 5 bedroom stunning house that is 400m to beach. <b>Valued at \$2600!</b></p>	<b>2ND PRIZE</b> <b>2 NIGHT STAY IN MANLY</b> <p>Includes \$500 cash to spend</p> <p>Two nights' accommodation in a 1 bedroom Harbour View Apartment at Quest Manly PLUS \$500 cash. <b>Valued at \$1675!</b></p>
<b>3RD PRIZE</b> <b>LADIES RELAXATION PACKAGE</b> <p>A stunning collection of Palm Beach Collection products, 2 sets of Embedded blooms coasters and other pamper items. <b>Valued at \$500</b></p>	<b>4TH PRIZE</b> <b>F1 DRIVING EXPERIENCE</b> <p>Anglo Racing Academy 2 X 2 seater F1 driving experience. <b>Valued at \$438!</b></p>
<b>5TH PRIZE</b> <b>\$200 VOUCHER</b> <p>\$200 garden and homewares voucher. <b>Valued at \$200!</b></p>	<b>6TH PRIZE</b> <b>\$200 HUGOS MANLY VOUCHER</b> <p><b>Valued at \$200!</b></p>
<b>7TH PRIZE</b> <b>SYDNEY ZOO FAMILY PASS</b> <p>Sydney Zoo family pass (4 tickets: 2 adults &amp; 2 children). <b>Valued at \$185!</b></p>	<b>8TH PRIZE</b> <b>LEGO CITY</b> <p>Box of Lego to be sure to keep a 7-12 year old busy! <b>Valued at \$140</b></p>
<b>9TH PRIZE</b> <b>VOUCHER</b> <p>Butcher's Block Wahroonga dining voucher. <b>Valued at \$100</b></p>	

**1 Ticket for \$10 | 3 Tickets for \$25 | 10 tickets for \$75 | 15 tickets for \$100**

Please visit: [rafflelink.com.au/stlucysraffle2023](https://rafflelink.com.au/stlucysraffle2023) or scan the QR code to purchase your tickets. Drawn on 12th December 2023 at 11am.



## From the Archives: Abbotsleigh Old Girls bookshelf

Dr Jen McLaren  
Abbotsleigh Archivist

The Archives holds many books by and about Abbotsleigh Old Girls and welcomes donations or recommendations of books to add to the collection. Read on for a summary of recent publications about extraordinary former students.

***Bee Miles: Australia's famous bohemian rebel, and the untold story behind the legend*** by Rose Ellis (2023, Allen & Unwin). Beatrice (Bee) Miles (AOG 1919) was a rebellious but brilliant Abbotsleigh student. She moved in Sydney's literary and artistic circles in the 1920s and 30s before taking up residence on the city's streets. Ellis traces Bee's exploits and her periods of incarceration which stemmed from an adolescent illness and her battles with mental health and her family. Ellis beautifully evokes early 20th century Wahroonga and bohemian Sydney and treats Bee with empathy and respect.

***The Bodyline Fix: How women saved cricket*** by Marion Stell (2022, University of Queensland Press). Stell tells the story of the women who played in the first England v Australia cricket tests in the 1930s. Amongst the teams were three women associated with Abbotsleigh: Betty Archdale (**Headmistress 1958-70**) captained the England team and sisters Margaret (**AOG 1922**) and Barbara Peden (**AOG 1924**) represented

Australia, Margaret as captain. Abbotsleigh's influence on the history of women's cricket is clear. The Bodyline Fix is an easy read, even for non cricket tragics!

***Shanghai Demimondaine*** by Nick Hordern (2023, Earnshaw Books). As Hordern notes, Lorraine Murray (**AOG 1924**) "may not have been a typical Abbotsleigh girl, but she perhaps was one of the more colourful." After an unsettling start to life, Lorraine was educated at Abbotsleigh and the New England Girls School in Armidale. She soon left the family home in Warrawee and embarked upon an extraordinary life. Hordern's book evokes the raucous glamour of colonial Shanghai, drawing together the threads of Lorraine's complex and fascinating story involving Japan, China and the wider world.

***Secrets Beyond the Scree*** by Anita Jacoby (2022, Simon & Schuster). Jacoby (**AOG 1976**) is one of Australia's most distinguished television producers. She reflects on her childhood, education and career and uncovers a shocking secret about her beloved father. I enjoyed the way Jacoby described 1960s and 70s north shore Sydney. Secrets is a great read, and even touches on an intriguing episode in Abbotsleigh's past!



# Junior School



## The best of friends or BFF

Ms Sally Ruston  
Head of Junior School

BFF – Best friends forever, is the mantra many girls, and sometimes parents, wish to adopt. Such relationships, in our idealised mindset, are cherished. BFF was defined by Oxford University Press in 1996 as *a person who is an especially close and trusted friend over a long period*. On the surface it seems that we would all want such a friendship. Well, my argument is actually the antithesis of this, and I ask, 'Who would'? Especially when such pressure and dependence can be isolating and limiting. This is particularly so if the one friend is had to the exclusion of all others.

We recognise that the ability to make and sustain friendships is a skill just as reading is. There are very specific and easily defined behaviours and skills that girls can adopt to ensure positive peer interactions. We warmly encourage the girls to smile, use eye contact and be ready to greet and include anyone left out. **These tips** from renowned clinical psychologist Andrew Fuller, detail such skills and behaviours.

Additionally, our *You Can Do It!* program models for the girls the language and behaviour of those who are socially adept and confident. Equally I commend to you the latest book by

Maggie Dent – *Girlhood*, that gives wise and tested advice on how to parent girls through friendship storms.

Rather than encouraging girls to find that BFF, what is more manageable and realistic is encouraging the girls to be the *best of friends* with as wide number of peers in multiple contexts as is realistically possible. We know that many adults have difficulty sustaining friendships and relationships of great longevity. It is even harder for our young girls who don't have the skills and social maturity to navigate tricky scenarios. What makes this journey easier is if girls have a range of peers that they feel confident and comfortable spending time around. This works especially well if girls have different friendship groups depending on activities such as dance, sport or clubs and groups beyond school.

In spite of our collective intent to see our girls as happy and confident in their social interactions, there are times when friendships sour and the world seems an unforgiving environment. When a girl returns to class after lunch or home in tears because of friendship fires, as the caring adult in the equation, our immediate reaction is to rescue and solve the problem. **This article**, recommended by our School Counsellors, gives very practical advice of what to do in such circumstances. By being the strong, kind, understanding person at such a time, who doesn't join the emotion being presented, we are able to help our girls navigate their way out and learn new skills to stand them in great stead for next time. And while we guarantee there will always be a next time, we can't guarantee that we will always be there to rescue. So, let's not rescue; rather let's find ways and means of enabling our girls to be the best of friends to herself and her peers.

Such friendship building and capacity is especially important as one academic year closes and the next begins. Last week our Abbotsleigh Junior School girls were wonderful hosts to the new girls commencing in 2024. They smiled, greeted, initiated conversations, included new girls in activities and were really so wonderfully gregarious. I was most proud in watching them put their great friendship skills into action. Yet as the term concludes, emotions will be running high, tiredness will set in and our ability to be so optimistic and selfless will be tested. As the caring adults in this space, let's be ready to support by helping our girls to build further their skills of affability, inclusion and resilience.

## JS book lists for 2024

Ms Sally Ruston  
Head of Junior School

In preparation for next year, families of girls in Kindergarten to Year 5 have been emailed a text and stationery list for 2024.

We ask that you complete your online order directly with **Campion**, our supplier, using WCG7 as your code.

Early attention to completing your order will ensure all is in readiness for your daughter next year. This online process must be completed **Friday 17 November 2023**.



# Positions of responsibility

## Term 4 2023

Ms Sally Ruston  
Head of Junior School

Today in assembly I presented the positions of responsibility for Term 4. We warmly congratulate the following girls as they take up their positions of responsibility and look to serve the School in this final term of 2023.

### SRC Representatives Term 4

- KG – Stella Gu and Estelle Zhou
- KO – Freya Cai and Ellie Ma
- 1G – Alice Apathy and Natalie Liu
- 1O – Elena Chen and Amber Kang

- 2G – Ashleigh Gao and Sabrina Ng
- 2O – Caroline Bi and Ameya Patel
- 3G – Eva Bennetts and Anneliese Le
- 3O – Lillian Ng and Sylvia Yip
- 3L – Siya Banerji and Yura Lee
- 4G – Jackie O'Connell and Bianca Weng
- 4O – Elmina Ng and Yani Yang
- 4L – Olivia Ayres and Alyssa Mah
- 5G – Scarlett Harris and Mikayla Huang
- 5O – Soma Cassar and Samaya Randhawa
- 5L – Alice Liu and Aryana Woo
- 5D – Catherine Bailey and Ivy Han

# Transition and Kindergarten play sessions

Ms Sally Ruston  
Head of Junior School

It is with great excitement that we look forward to welcoming our 2024 Transition and Kindergarten girls to a play morning over the next four weeks. Our current Transition and

Kindergarten students are looking forward to acting as buddies and helping the new girls.

Following the enthusiasm that our new students displayed on the orientation morning during the first week of term, we anticipate many will want to extend their stay when it is time to go home. It was an absolute pleasure to watch the girls interact with each other and to hear them ask their parents if they could stay a bit longer. These mornings will ensure that all new girls are comfortable and familiar with their surroundings and ready to begin their journey at Abbotsleigh in 2024.

# Light Up Vanuatu

Mr Justin Owens  
Year 1 Classroom Teacher

On Tuesday this week, Year 1 Abbotsleigh and Knox students joined forces to assemble more than 100 solar lights to combat energy poverty as part of IPSHA's Light Up Vanuatu campaign. This was made possible by the fundraising efforts of the Year 1 students from both schools throughout the year. The project highlighted to the students the difference that one person can make in the lives of others.

*I enjoyed building the lights because it was a little bit tricky and putting the clear cover on was hard and me and my partner thought it had to go on the other side. It was rewarding when I built the light because it was so tricky to make. I found it challenging when I helped my partner and we needed to take the cover off. We had to work together because she was not sure how to take it off and she didn't want to break it. I was Oscar Organised because I had to bring all my stuff with me. – Olivia Ning, 1G*

*I enjoyed reading a book about the people that live in Vanuatu because I got to learn about the lives of people I was helping. I found it rewarding when I helped my friends with the tricky parts of building, like plugging in the tiny cables and it felt good when they said thank you. I found it challenging to put the rubber band around the light because you had to put on in a special way. I had to use Gabby Get-along when we had to team up with the Knox boys because I met lots of new people that I had to work with. – Suri Banerji,1O*







## Year 3 Wellbeing Day

Miss Sophie Carrington  
Year 3 Classroom Teacher

The Year 3 students and teachers very much enjoyed the Wellbeing Day that was held last Friday 13 October. This special day was introduced into the Year 3 program in 2018 and has attracted positive feedback from students, teachers and parents. The aim of Wellbeing Day was to help the girls develop important skills that will support their general sense of wellness and connectedness.

Starting the day with a warm hot chocolate and shared breakfast amongst friends, the girls very quickly realised how important it is for their wellbeing to feel connected with one other. Activities throughout the day included the making of a kindness chain, mindful weaving, breathing exercises, exploration of positive thinking through the 'Grow Your Mind' program and the discussion of good sleeping habits. Year 3 Wellbeing Day helped develop a range of strategies to keep the girls' minds and bodies healthy and happy.



## Year 6 Adventure Day and Deep Learning Day

Sanaa Randhawa and Jade Ip  
Year 6

On Thursday 12 October, Year 6 set out on an amazing day of fun and physical activity. A day that required bravery and lots of courage! To begin, we set out for Treetops, where we geared up and learnt how to zipline between the tall platforms. Many girls had a good hot go and climbed higher and higher up the levels – some even reached the black level – the highest, hardest level! Next, we travelled to Moving Bodies, an active ninja course, where we had so much fun climbing up different equipment and balancing on swings! There was even an opportunity to try the infamous 'warped wall'. In the end, all Year 6 were tired and sore, but we thoroughly enjoyed ourselves and overcame many challenges.

The next day, we set out on another adventure; however, this adventure was different. We arrived at school on Friday morning, curious about the day that lay ahead. We headed to the auditorium and were hooked by Drew Dudley's TED Talk about Everyday Leadership. We learnt that leadership doesn't have to change the whole world, just the world around you. Inspired and ready to write, we applied our learning by composing slam poems about Everyday Leadership.

To finish the day, we created fingerprint self-portraits to represent how we are all a 'thumbbody'.

Week 1 of Term 4 was certainly memory-making for Year 6. We loved all the challenges and opportunities and look forward to the many exciting events still to come.



## Growth and Development sessions for Year 6

Mrs Brittany Carrington  
Year 6 Coordinator

This term, Year 6 is studying Growth and Development in Personal Development and Health lessons. Integral to this course are the four, one and half hour sessions run by Judith Krause, a specialist in this field. Judith Krause is well known to students, having worked with them in Years 4 and 5. During Personal Development and Health lessons, the girls will discuss a range of topics including emotional and physical changes related to puberty, self-compassion and body image, friendships and resilience.

# Senior School

## Everett Scholarship applications open

Mrs Colleen Fenn  
Registrar

The Everett Scholarships were first offered in 2000 following a gift from Mrs Shirley Fong (AOG Shirley Lee, 1951) to honour Miss G Gordon Everett, a great Headmistress whose care and assistance inspired Shirley Fong and the many other young women who came under her guidance. Between 2000 and 2017, the scholarships were offered annually to two girls providing remission of one term's tuition fees in Year 10. From 2017, following an agreement with Mrs Fong, one scholarship is offered annually providing remission of two terms' fees in Year 10. The funds for this scholarship are managed by the Abbotsleigh Foundation.

One scholarship is available annually to a Year 9 Abbotsleigh student moving from Year 9 to Year 10. The scholarship gives special recognition to a student's sound academic progress,

contribution to Senior College activities and a positive influence within the Senior School.

The scholarship provides two terms' tuition fees for the first two terms of Year 10. The scholarship is not means tested. No student may hold two Abbotsleigh scholarships concurrently.

### **Download the application kit.**

Please submit the Scholarship Application Declaration plus Student Statement [here](#).

Closing date: Friday 27 October 2023.

Interviews will take place early in November.

Please **contact Mrs Colleen Fenn**, Registrar, or call 9473 7744 should you have any queries.

## Emily Wan and the Australian Youth Orchestra

Ms Louise Keller  
Head of Strings

Congratulations to Emily Wan (Year 10) who was awarded an oboe scholarship to attend the recent Australian Youth Orchestra Young Symphonists program in the holidays. Emily was one of 61 musicians from around the country who gathered in Bathurst for eight days of rehearsals, tutorials and performances. The standard of playing was particularly high with the orchestra performing Symphony no. 2 by Rachmaninov and Britten's Young Person's Guide to the Orchestra for a large and appreciative audience. I was lucky enough to be involved in this program and was particularly proud to witness Emily's involvement throughout the week.

Emily says that she enjoyed the experience of meeting fellow dedicated musicians who performed at a high level. She also learnt from the tutors and conductors and was particularly interested in their ideas on how to prepare for auditions, how to deal with performance anxiety and how to do well as a career musician.

Emily has already auditioned for Australian Youth Orchestra in 2024 and has been accepted on the bassoon! Congratulations again to Emily for being involved in these exciting orchestral opportunities.





# Boarding

## The HSC experience in boarding

Mrs Sarah Ward  
Year 12 Boarding Coordinator

Studying in the boarding house during the HSC has been a calm and quiet experience for the Year 12 boarders so far this term. Despite the reality of their final school exams, the girls have had a very comfortable routine as they prepare to study each day. Most girls wake up around 9 am and make themselves breakfast, cook pancakes, bacon and eggs, or make tea or coffee with some English muffins, toast, or cereal. Girls go on early morning runs, make use of the fitness rooms, or use the common spaces for self-directed yoga or exercise. Delicious snacks are provided throughout the day by the staff, such as fresh cut fruit, lollies, brownies, biscuits and cakes, to keep the girls going between meals. Copious amounts of tea, coffee or Milo are consumed as they focus on their work in their private rooms or sit out in the sun on the patio.

The girls have likewise made excellent use of the Library and enjoy getting out of the house to study in the comfortable calm of the ARC. The girls work hard knowing they have been well prepared for each exam by their excellent teachers.

This term I have been extremely impressed by the Year 12 boarders' willingness to support and encourage each other to stay focused, study hard and respect each other's right to peace and quiet. It is obvious that the Year 12 boarders have enjoyed going through the process of the HSC side by side. Living together allows them to truly collaborate, and they make the most of the opportunity to study in groups for the same exams. They pool knowledge and expertise, show kindness to stressed peers and help each other whenever needed. It is good to know that it has been a positive experience for the boarders to have each other and the boarding house to study in, when far away from home, parents and families.

It has been a pleasure for me and my staff to support them through each exam. Week two of the HSC is now behind us, but there are still many exams left to go. I would like to wish all the Abbotsleigh Year 12s sitting the HSC this year all the best in the future, and may God bless them in their remaining exams.

