

The Shuttle

IN THIS ISSUE

Headmistress
Chaplain
Community

Junior School
Senior School
Boarding

Time flies faster than a weaver's shuttle.



FROM THE HEADMISTRESS

Abbotsleigh seizes the moment to honour our teachers on World Teachers' Day

Mrs Megan Krimmer
Headmistress

"Abbotsleigh teachers have a passion for educating and empowering girls. They are dedicated, kind and compassionate. They care deeply about each girl and go above and beyond to help them thrive." **Year 12 2024 students**

In Australia, World Teachers' Day is celebrated every year on the last Friday in October. With this year's very apt theme being **Teaching – where the future begins**, World Teachers' Day is a time for us all to reflect on, and demonstrate our sincere gratitude for the vital job that our highly professional teachers do in not only preparing our girls to be the best humans they can be, but also in preparing them to thrive in a future that is often labelled as 'VUCA': Volatile, Unpredictable, Complex and Ambiguous.

Our teachers at Abbotsleigh are highly intelligent professionals. They are all highly qualified, and they all have our girls' interests and learning, social, emotional, spiritual and physical needs front and centre of what they do. They are passionate about their subjects and their students. They work well into the evenings, on weekends and in their holidays to create the best learning experiences for our girls that they can. And they keep learning; refining their craft, so that they may become the best teachers that they can be.

Equally, our support and operational staff at Abbotsleigh are highly qualified, hard-working, dedicated and talented. All aim to provide the best possible environment and opportunities for our girls, and I am sure that you will agree, they certainly achieve this aim in spades.

In fact, for Abbotsleigh, I like to think of World Teachers' Day as 'World Abbotsleigh Staff Day' as we honour every member of staff for their superb contribution and for the wonderful way in which they have the best interests of our girls at the forefront of all that they do.

The education of our young people is just so important. As Malala Yousafzai, aged 16, stated so powerfully to the United Nations:

"One child, one teacher, one pen and one book can change the world. Education is the only solution."

As we reflect on World Teachers' Day, I know that you will want to join with me in taking the opportunity of honouring and paying a special tribute to our wonderful Abbotsleigh teachers as well as those who support our teachers – our incredible support and operational staff.

Honour those who teach, for they touch the future.

Our Abbotsleigh teachers: reflections and gratitude – Year 12, 2024

The selection of quotes below from Year 12, 2024, reflects beautifully the high esteem in which our Abbotsleigh teachers are held and the gratitude that our girls feel for all that their teachers do for them. I commend to you Year 12, 2024's reflections:

- Abbotsleigh teachers go above and beyond for their students.
- They look after each student.



ABBOTSLEIGH

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

- Their dedication and enthusiasm never fail to surprise and touch me.
 - Our teachers' support, both in and out of the classroom, is appreciated by each and every girl at Abbotsleigh.
 - Abbotsleigh teachers are highly dedicated and devoted towards teaching and being a helping hand for support.
 - They put in so much extra time to talk with and help each individual student come up with a learning plan that enables each girl to reach their full potential.
 - Abbotsleigh teachers invest so much of their time to ensure that their students can reach their potential and remain in high spirits.
 - The Abbotsleigh teachers are dedicated, kind and compassionate. They care deeply about each girl and go above and beyond to help them thrive.
 - Abbotsleigh teachers are always there for us.
 - They always give us the utmost support for all our endeavours.
 - They continue to go above and beyond in our lessons.
 - Abbotsleigh teachers inspire girls to do their best and love learning.
 - They have a passion for educating and empowering girls.
 - Abbotsleigh teachers are the reason girls love school; they bring light to our schooling careers.
 - Friends are the companions you choose. Teachers are the friends and mentors you are gifted.
- Thank you to all of our teachers**
- Thank you so much to all the Abbotsleigh teachers who dedicate time and effort to allow us to learn and enjoy our lessons!
 - Thank you to the teachers of Abbotsleigh for their dedication in providing us girls the best possible education through their exciting and encouraging classes daily.
 - Thank you so much teachers! Your time, dedication, and love for teaching is what makes your classes so valuable and fun!
 - Thank you for everything you have helped us with over the years!!
 - Thank you to all teachers for being present and supportive, your love for teaching means the world to all our students here.
 - Thanks for being amazing teachers!
 - Thank you to all the teachers who are so dedicated inside and outside of the classroom constantly.
 - Thank you for all the extra time and thought you put into each lesson.
 - Thank you to all the teachers who are always willing to help us to improve in all aspects of school life.
 - Thank you for always supporting us no matter what and helping us improve.
 - Thank you for the sacrificed time, effort and support you always give to all students. We are all forever grateful for the education you provide for us.
 - Thank you to all the teachers who have spent so much time to support and help us.
 - Thank you for your effort, dedication, kindness and for the passion for learning and growing that you bring to all you do.
 - Thank you for the kindness, care and dedication made by teachers for their students; efforts don't go unnoticed and are appreciated by all.

Chaplain

Anglicare Toys 'n' Tucker appeal

Mrs Alison Soper and Mrs Charlotte Galea
Junior School Chaplains

Anglicare is once again preparing to 'share the joy' of Christmas with people in need.

In the Senior School, families have been asked to consider making a **financial donation**, but in the Junior School, we are bringing in toys and tucker to help those in need.

Anglicare is asking for donations of non-perishable foods items and new toys to provide gift hampers to thousands of families in Sydney and surrounding regions who would otherwise go without this year. As you shop in the coming weeks, could you please add some extra items to share with others?

Junior School students can bring in donations from now. Contributions for this appeal can be left under the Christmas tree in Junior School Reception area. Please note that food items need to be non-perishable products.

Suggested items include:

- **Food**, such as: Christmas cake; Christmas pudding; tinned ham (450 g); tinned salmon (415 g); tea (100 pack); coffee (100 g); milo (small tin); biscuits; dried pasta (500 g); pasta sauce; long-life milk, custard or cream; tinned fruit and vegetables (425 g) and jam (500 g).



- **Gifts for children and teenagers**, such as: new toys; picture books; outdoor games; sporting equipment; gift cards and toiletry packs.

Sadly, chocolate cannot be included as it is likely to melt.

Please leave all items unwrapped as donations are used to pack Christmas hampers especially suited for the families who will receive them.

Thank you for your support and we look forward to your donations under the tree again this year.

Community

Spring Instrumental Festival

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



Abbotsleigh Giving Day



Seize the moment to support scholarships

Abbotsleigh Giving Day 2023 is coming – Thursday 9 November!

Junior School

Try for five – healthy eating

Ms Sally Ruston
Head of Junior School

Fuelling our bodies with the right food is essential to avoiding low moods, energy slumps, difficulty sleeping and long-term poor health outcomes. While we all know of the importance of healthy eating, our fast-paced lifestyles and desire for sweet treats can undermine good intentions. It is for this reason that we are promoting **National Nutrition Week** this week with the girls. In assembly last week, Mr G shared images of a diverse array of fruits and vegetables, encouraging the girls to opt for healthy snacks and perhaps to try something that hasn't been considered before. House points are a great motivation, and girls are receiving house points for each serve of fruit and vegetable consumed at school this week.

Try these tips to encourage your daughter and family to reach five serves of vegetables and fruit every day:

1. Add a vegetable to breakfast such as a slice of tomato or avocado to your Vegemite toast.
2. Add a vegetable or fruit serve to your daily snacks such as carrots sticks with a serve of humus.

3. Add a vegetable or fruit to a smoothie
4. Add a side salad when eating out
5. Finish a meal with fruit rather than chocolate
6. Vegetables are one of the best steps towards better health and wellbeing. All vegetables can be considered superfoods as they are naturally packed full of essential vitamins and minerals, disease fighting antioxidants and gut healthy fibre. What great reasons to ensure that veggies feature on the menu!

Equally important are the benefits of vegetables and fruit on improving mood. We accept that children who are hungry or who haven't eaten breakfast before coming to school find it difficult to concentrate, be positive and learn. Keeping ourselves fed and nourished are essential to maintaining energy levels and mood. [Click here](#) for a factsheet on great tips on boosting mood through food.

While our focus this week has been on helping the girls make healthy food choices, we seek your support in making such decisions routine and habit forming.



Year 2 excursion to Gibberagong

Miss Kristen Pollock and Mr Matthew Wood
Year 2 Classroom Teachers

On Monday, the Year 2 girls enjoyed a glorious day at Gibberagong Environmental Education Centre. They were immersed in nature at the Bobbin Head National Park and enjoyed discovering the natural and human features of this region. Bushwalking through the mangroves and over sandstone rocks was a highlight, while looking out for unique flora and fauna.

The girls also enjoyed participating in a symbol scavenger hunt, relying on their orienteering and map-reading skills to collect the special rocks. A 'magic spot' was identified along the bush track, where the tranquil sounds of birds chirping in the treetops were appreciated by all.

First Nations people and their connection to country were also explored, as the girls saw engravings and participated in traditions such as ochre painting. The Year 2 girls gained new knowledge and skills from this experience, now realising the variety of purposes and uses our natural environment can offer when we take good care of it.



Year 5 Leadership Day

Miss Jasmine Baron
Year 5 Classroom Teacher

On Thursday of Week 2, Year 5 Abbotsleigh students collaborated with Loreto Normanhurst and Knox students for a Future Leaders' Day. The aim of this inaugural event was to develop students' understanding of leadership within their school or local community, which was developed through self-reflective and hands on activities. Students also had the privilege of listening to school leaders and teachers speak about their own experiences with leadership and connectedness.

Throughout the day, students worked in cross-school groups to encourage the development of new and collaborative relationships. Activities and workshops were run by the three schools, each with a different focus. These included the exploration of Martin Seligman's 24 Character Strengths and the qualities of a successful leader, outdoor team building sessions, and exploring how to respond in challenging scenarios.

We hope to join forces with Loreto and Knox each year to strengthen the connection between our students and continue to foster the development of future leaders within our ever growing 21st century society.



2024 Textbooks and stationery

Mrs Danielle Sellars
JS Administration Coordinator

The textbook and stationery lists for 2024 are now available with items available for purchase.

Campion Books manage this process for us, so please [click here](#) to place your daughter's order.

Alternatively, if you are ordering direct from the [Campion website](#), using the School Code: WCG7

Please complete your order by Friday 17 November 2023. Books and stationery will be delivered directly to your daughter's classroom for distribution by her 2024 class teacher.

Year 6 AbbKart Derby

Mrs Brittany Carrington
Year 6 Coordinator

Year 6 parents are invited to attend the annual AbbKart Derby on the Junior School oval, Wednesday 1 November from 1.30 pm.



IPSHA Gymnastics 2023

Mrs Michelle Penn
JS PDHPE Teacher

Our Rhythmic and Artistic Gymnastics girls have been keenly preparing for the IPSHA Gymnastics Competition to be held on Thursday 2 November at the Sydney Gymnastics and Aquatic Centre, Rooty Hill. We wish the girls every success and commend them for their commitment to training and determination to give of their best.

Artistic team 2023

Olivia Ayres, Eloise Beaumont, Eva Bennetts, Iyla Callagher, Katherine Carless, Abby Chan, Kyra Devatha, Ivy Han, Hannah Hong, Kylie Huang, Christina Jin, Sophie Kong, Finty Lan, Mieke McDonald, Harper Mulcahy, Kira Nguyen, Jessamy Reynolds, Amelia Scott, Emily Tan, Hannah Wotton, Jasmine Yap and Ava Yoganathan.

Reserves: Lillian Foteades, Jacqueline O'Connell and Blaire Xie.

Rhythmic team 2023

Brianna Chan, Meixi Chen, Hazel Crisp, Rachel Gerber, Chloe Guo, Julia Huang, Jing Huang, Sienna Jin, Adaline Lu, Jesinta Nipatcharoen, Liana Rahbari, Summer Shao, Amishi Singh, Anabelle Yuan, Yuxi Wang, Sashaya Wijewardena and Natalie Zhang.

Senior School

Abbotsleigh students excel at IGSA Festival of Speech

Ms Melissa Dooley
Debating and Public Speaking Coordinator

On Saturday 21 October, 16 Abbotsleigh students participated in the IGSA Festival of Speech. The Festival of Speech is an annual event whereby girls can showcase their oratory talents in a variety of events. The festival was hosted by Ravenswood, with 28 schools participating in events such as public speaking, poetry, prose readings, current affairs, and religious and ethical questions. Our students achieved outstanding success across many categories at the festival. Abbotsleigh placed 3rd overall, 11th in the Junior division and 1st in the Senior division.

Congratulations to Anika Niles, who represented Abbotsleigh in the Senior Public Speaking event. Anika was awarded 1st place with her speech on the changing nature of language.

Congratulations are also extended to the following girls:

- Sophia Chi, Sara Shah and Leah Teoh, who achieved 3rd place in Religious and Ethical Questions
- Imogen Beletich, Chloe Davie and Sally Liu, who achieved 4th place in Current Affairs
- Serena Chi, who achieved 4th place in Junior Soapbox
- Maayan Leibenson and Saskia Clark - Senior Soapbox
- Kiera Finnerty - Senior Reading
- Lorissa Wood - Senior Poetry
- Neomi Verma - Junior Public Speaking
- Aria Niles - Junior Soapbox
- Sophie Cheung - Junior Poetry
- Sophie Meng - Junior Reading

Congratulations to all girls. We are very proud of you.



Boarding

Good baking, good company and loads of fun

Year 9 boarders

Our friends from Read House came over on Saturday night and enjoyed baking cupcakes and brownies with us Year 9 girls to help supply food for The Dish – food for the homeless.

We were organised into mixed groups and had fun chatting to each other. We had lots of laughing and lots of mixture fell

on the floor, but we got it cleaned up. We played loud music and sang even louder!

While we were waiting for the brownies and cupcakes to bake, we played games and played pool.

We were very excited to be helping the homeless and look forward to doing it again next time – it was a really good night!



Sunday Funday with the Prefects

Mrs Chemane Fairleigh
Head of Boarding

With assessments in full swing, a fun afternoon of activities was planned last Sunday to give everyone a break from their desks and have a good run around. After a scrumptious lunch of bacon, mac and cheese, a fun filled game of Capture the Flag was played. The boarders connected to form two groups to play three tough rounds in the summer sun – where the Blue Team was victorious in the end!

While the three games were commencing, the hot day made it inevitable to bring out the garden hose. This made the games much more exciting for the girls as they got showered with the hose, keeping them cool.

Next, the year groups were separated to start a scavenger hunt, which was throughout the entire grounds of Abbotsleigh. Starting with the Dining Hall, clues were hidden around, with a yummy Zooper Dooper during the race to keep energy levels high. All the girls were racing from the synthetic pitch, to the Health Centre, through to Lower Wheeldon to become the first year group. After half an hour of hard searching for clues and figuring out tricky riddles, the Year 7s came out as the winning team!

Overall, the Sunday study break was a great success and gave the girls motivation to keep going and keep spirits up during their end of year assessment blocks.



Yalari scholars meet the GO Foundation

Sophia Darney

Vice Head Boarder Prefect 2023/24

On Monday 16 October, Yalari Scholars in Years 9, 10 and 11 were invited to attend a special formal dinner at St Andrew's College at Sydney University.

Firstly, we had an information/Q&A session about the ins and outs of St Andrew's by their Vice Principal. Following that we were given a tour by our own Sophie Oakeshott, a former Abbotsleigh Head Boarder Prefect, now residing at Drew's in her first year.

The purpose of the visit was to listen to guest speaker, Michael O'Loughlin, a former AFL player and co-founder of the GO Foundation.

A little bit about GO

'The GO Foundation was founded by Sydney Swans Legends, Adam Goodes and Michael O'Loughlin, two widely renowned and revered Aboriginal sportsmen and leaders.

GO provides educational scholarships to Aboriginal and Torres Strait Islander students.

Their aim is to ensure that young Indigenous people's educational journey is as rewarding as possible. GO assists with post school futures so that every student can reach their full potential.'

Alongside hearing about the GO Foundation, we heard about Michael's childhood and the importance he places on giving back to the community. This was all while having a yummy meal with all the first years at the college.

It was such an amazing experience and we gained insight into what St Andrew's College is all about. Also, hearing from such an inspiration like Michael O'Loughlin was amazing. We were so grateful for Mrs Fairleigh for kindly taking us to the event.

