

The Shuttle

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Time flies faster than a weaver's shuttle.



FROM THE HEADMISTRESS

Abbotsleigh seizes the moment to celebrate Christmas and 2023

Mrs Megan Krimmer
Headmistress

2023 has been a fantastic year. Embracing the Prefect theme, 'Seize the Moment', the whole Abbotsleigh community (girls, staff, parents, grandparents and Old Girls) has participated in myriad events and activities with great enthusiasm, and, as such, all have powerfully contributed to the wonderfully exciting and vibrant culture that makes Abbotsleigh, Abbotsleigh.

The final term of 2023 has been marvellous. The girls have continued to embrace learning and enriching experiences including excursions, Wellbeing Days, STEAM days, music concerts, dance and drama performances, service learning opportunities and so much more. It certainly has been a great delight for the staff and for me to see the girls' smiling faces, their resolve to do their personal best, and their determination to fulfill their aim of making the world a better place for others and for the environment.

In an air of celebration, the Junior School has been abuzz with exciting activities, including the Year 2 Celebration and Soirée last week and their sensational Twilight Carol Service last night. Our Year 6 girls, especially, are eagerly looking forward to their farewell and dance on Monday night.

For the Senior School, the Year 9 Wheeldon Cup has most definitely been the highlight of this week, and we are looking forward to the Christmas Markets and the Senior School Carol Service in the Chapel on Sunday. Further, the whole school is very much looking forward to the culmination of our year in our Junior and Senior School Speech Days on Wednesday next week.

Wellbeing is always 'front and centre' at Abbotsleigh, and this year is no exception. Having time for the girls to connect

and celebrate after a very busy year is so important for their wellbeing and their sense of belonging.

There have been many activities and events this term where our girls have connected and celebrated. From our youngest learners through to our Year 12 girls, the engagement and focus on wellbeing continues bringing much joy to the girls and to those who work with them.

Over the past few weeks, it has been a great pleasure to be involved in the Senior School Wellbeing Days so beautifully organised by our Wellbeing team, led by Mrs Liz Cannon. Please read accounts of the fun, laughter, gratitude and connections of these days written by the girls in the Senior School section of this edition of *The Shuttle*.

As the year draws to a close, I would like to thank every member of staff for their dedication and hard work. We are privileged indeed to have such talented teachers and support staff here at Abbotsleigh. I also would like to thank every member of our community for your incredible support.

And, to each girl – thank you for your enthusiasm, for your dedication to learning and to achieving your personal best. Thank you, too, for your compassion towards others, and for your determination to fulfil this year's prefect theme, 'Seize the Moment'.

Demonstrating, yet again, the aptness of our motto, 'Time flies faster than a weaver's shuttle', this year literally has 'flown' by. And now, as the end of the year draws nigh, it is time to relax and to **really** rest.



ABBOTSLEIGH

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

Mrs Cannon has written a superb article (following) about holiday activities and wellbeing, and I cannot commend it to you highly enough.

I wish you God's richest blessings for this Christmas and holiday season – may you be healthy and safe and have a wonderful time over the summer.

I look forward to seeing you in 2024 – a year of great hope; a year for our community to continue to press ahead, and a year for us all to flourish.

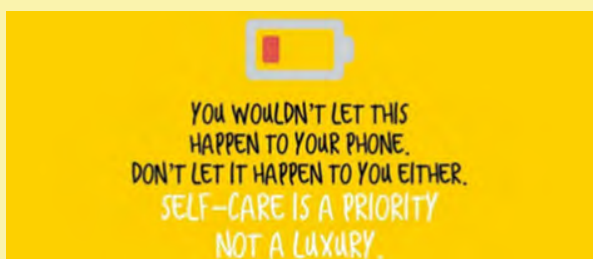
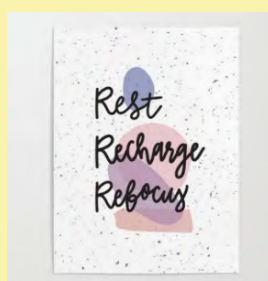
Thank you to everyone in our Abbotsleigh community for seizing every moment possible in 2023.

Wellbeing Matters: holiday wellbeing and safety

Mrs Liz Cannon
Director of Wellbeing

The lovely, long summer holidays are fast approaching, which is great news for all. I know that our girls are looking forward to a well-earned rest after such a busy and productive year.

Family time is very precious, especially when celebrating the Christmas season. What the holiday season looks like and can be, is vastly different from family to family. Regardless of these differences, our girls need down time – time to rest, time to recharge their minds and bodies, time to read, and 'green time' rather than 'screen time.' Girls need time to be 'bored' so that they can be creative in finding constructive things to do and to think about. Girls need time away from studying – even our Year 12 girls need a good block of time away from studying. Girls need time to reflect on the year and to reflect on how fortunate they are and show gratitude for all their blessings. They need to recharge their batteries!



Parents often ask me about ways to manage this balance, especially in relation to technology use. Providing some clear, age-appropriate boundaries as well as some negotiable areas, again age appropriate, appears to be the most effective way.

Balance kids' screen time and green time. Kids need outdoor, unstructured play each and every single day. Unplugged time is essential for their visual development, helps to regulate their circadian rhythms required for sleep and allows them to enter the mind-wandering mode of

thinking (which will enable them to come up with creative ideas and solve problems). – Dr Kristy Goodwin

In **this article**, Dr Kristy Goodwin provides suggestions for parents around managing screen time during holidays. There are some great resources in the **SchoolTV site** to help manage screen time. This site can be translated into more than 40 languages, so please have a look.

The **eSafety Online Safety booklet** is available in a number of languages and covers some of the key online safety issues for young people. It includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support.

Girls also need time to have fun and to be engaged in enjoyable events with both family and friends, and to experience the Christmas traditions that each family has developed. Traditions are important to a child's wellbeing. Traditions lend a certain spirit that nurtures the family connection and provides a sense of belonging. Traditions can help us celebrate generations of family. Importantly, traditions create positive memories for children. It is never too late to start a family tradition – do it once and it can become a tradition!



While time out from the regular school routine during holidays is generally very beneficial, this lack of routine and regular peer social contact can unfortunately cause stress for some girls. Holidays can also be a time when, due to family circumstances or other events, things are not as easy as we would like them to be. Holidays may also present a challenge for families as to how to manage activities and ensure that children are provided with the right number of activities to keep them engaged but also provide the right amount of down time. Sometimes finding this balance is difficult. **The Headspace website** includes excellent resources on keeping healthy over the holidays for friends and family. Additionally, please read **this Headspace article** that will equip you with tips on how to provide support as well as practical suggestions to help all young people have the balance and fun they need over the summer. Please remember to regularly check in with how your daughter is feeling. A simple 1-5 scale (5 being really great) can be very useful and helps to start a conversation about strategies to manage as well as seeking help if needed.

With safety in mind, the NSW Government has recently updated and released the **Child Safety Handbook 2021**.

This 88 page handbook is a very comprehensive resource to assist parents with a range of topics essential to child safety,

including safety at school, safety at home, safety online, bush-fire safety, drugs and alcohol, street safety and more.

For parents of older teenagers, I have again included the recent Paul Dillon article, keeping teenagers stay safe when socialising around drugs and alcohol. **This article** includes links to a number of excellent resources and teenagers to help keep them safe.

Reachout also has excellent resources to support parents with parenting teenagers as well as an online **1:1 support service**.

Should you need to contact the School during the break, please do not hesitate to do so on 9473 7777. Key staff will be available for urgent situations.

I wish all our families a wonderful and safe holiday and a joyous Christmas and New Year.

Chaplain

Counting down to Christmas

Rev Sarah Hobba
Chaplain

As we count down the days until the end of the school year, we also see the counting down of the days until Christmas. It's hard to know when the countdown for Christmas really starts, as decorations start to creep into the shops even in September. It can feel like we are preparing for months. In the Christian calendar, the countdown to Christmas begins with the season of Advent. From 1 December, Advent calendars are opened often now with something yummy inside. This Sunday, 3 December, marks the season of Advent, the four Sundays before Christmas Day. Each week focuses on different aspects. Week 1 is hope, week 2 is peace, week 3 is joy and week 4 is love. Often churches have prayers that focus on how we see hope, peace, joy and love in the gospel of Jesus, with some churches lighting a candle as an Advent wreath. All of these weeks are in preparation, preparing our hearts and minds as we come to Christmas Day, not in the busyness of present buying and food preparation, but remembering how God has come to us in Jesus.

Whilst not a traditional Christmas reading, the Apostle Paul's description of Jesus described his coming to us in Philippians 2:6-8:

⁶Who, being in very nature God,
did not consider equality with God something to be used to his own advantage;
⁷rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.
⁸And being found in appearance as a man,
he humbled himself
by becoming obedient to death –
even death on a cross!

When we are counting down the days to Christmas, may we take time to reflect on hope, peace, joy and love in our lives. May we also reflect on the humble Jesus, called Emmanuel or God with us, who didn't abuse his equality with God, but took the nature of a servant, showed us love by dying for us and brought us peace with God. We can rejoice in the joy of our salvation and that he has given us an eternal hope when we have faith in him. May God richly bless your Christmas time and summer break. Merry Christmas.



Community

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.



Sunday 3 December 2023
7.15 pm
Abbotsleigh Chapel

A Service of Christmas Readings and Carols



AMEB examination results

Mrs Lynette Clarke
Head of SS Music

Each year at Abbotsleigh, approximately 150 girls from Infants to Year 12 sit for AMEB examinations on their chosen instrument. These take place twice a year in May and November in the Senior School Music Department. Examinations may consist of technical exercises, performances pieces, sight reading, aural exercises and general knowledge questions.

We would like to congratulate all the students who completed an AMEB examination this year and thank their teachers who supported them through the learning process.

Congratulations to the following girls who were recently awarded their Certificate of Music or Associate of Music (AMusA) degree on their specific instruments. These exams require much practice and the Abbotsleigh girls exemplify incredible talent, artistry and musicianship in achieving such excellent results.

Associate of Music (AMusA)

Chloe Lam (Year 10) – Piano

Certificate of Performance

Rita Chen (Year 9) – Piano
Jade Liang (Year 11) – ‘Cello
Rebekah Ng (Year 8) – Piano
Alina Ramanathan (Year 10) – ‘Cello
Catherine Scott (Year 10) – Piano
Zen Shen (Year 8) – ‘Cello
Shiori Tensho (Year 11) – Piano

Musicianship lessons available – ready for 2024 enrolments

Reminder: If you have completed or are completing AMEB Grade 6, 7 and 8 practical examinations; Certificate of Performance, Associate or Licentiate practical examinations, there is an additional examination requirement to complete before passing these levels and receiving certificates. Please see the table below for AMEB additional requirements:

AMEB examination level	AMEB additional requirement	Alternate examining requirement
Grade 6 practical	Pass G2 Theory of Music/Musicianship/ Music Craft	Pass G4 ABRSM/Trinity Theory
Grade 7 practical	Pass G3 Theory of Music/Musicianship/ Music Craft	Pass G5 ABRSM/Trinity Theory
Grade 8 practical	Pass G4 Theory of Music/Musicianship/ Music Craft	Pass G6 ABRSM/Trinity Theory
Certificate of Performance practical	Pass G4 Theory of Music/Musicianship/ Music Craft	Pass G6 ABRSM/Trinity Theory
A.Mus.A practical	Pass G5 Theory of Music/Musicianship/ Music Craft	Pass G7 ABRSM/Trinity Theory
L.Mus.A practical	Pass G6 Theory of Music/Musicianship/ Music Craft	Pass G8 ABRSM/Trinity Theory

Please contact musicadmin@abbotsleigh.nsw.edu.au if you would like to enrol in musicianship lessons.
Private and group lessons are available.

Junior School

End of term festivities

Ms Sally Ruston
Head of Junior School

As our 138th year at Abbotsleigh comes to a conclusion, it is important that we mark the special milestones the girls have achieved and celebrate a wonderfully successful year.

On Thursday of last week, we celebrated the wonderful journey our Year 2 girls have made since joining Abbotsleigh at the **Year 2 Celebration and Soirée**. It was wonderful to see such a large audience taking such pride in their daughters’ achievements and the confidence with which they performed.



On Tuesday 21 November the Year 3 girls took great pride in sharing their music expertise at the **Year 3 Soirée**. The musicality and brilliant sound generated by girls, belies the fact that for many this is their first year of learning an instrument. Parents commented to me that the collective sound was stunning and very different to their experience of hearing a single instrument being practised at home.

Last week we also enjoyed a special **Year 6 Farewell Chapel Service** for our most senior girls in the Junior School. This event was a wonderful way for the girls in Kindergarten to Year 5 to farewell our 2023 leaders with prayers, readings, songs, a gift of the book *What If* and an encouraging talk.

Last night we very much enjoyed our **Twilight Christmas Carol Service**. This year the Christmas story was presented by the girls through music, narration and the message shared by the Rev Nigel Fortescue from Christ Church St Ives. The message in word was wonderfully supported by the Junior School Concert Band, ensembles and a multitude of choirs as we celebrated the story of Christ's birth.

The offertory taken on the night will be donated to Anglicare to support the Toys 'n' Tucker appeal. It is our tradition that we ask girls to reach beyond our school pond in generously giving Christmas gifts by contributing to our appeals, rather than giving gifts to each other. We encourage the girls to give cards to each other if they wish to share Christmas cheer as the festive season begins.

Next Monday, 4 December, we will celebrate the diverse and creative talents of our **Year 6** girls at the **Farewell Dinner and Dance** as we enjoy a wonderful evening of song, dance, recitation and performance with the overarching theme of *Make your Mark*. It is with very mixed emotions that we farewell our oldest girls. We know they are ready for the Senior School, but we will very much miss their contributions to the Junior School.

On Tuesday 5 December, we will enjoy a wonderful bevy of talent demonstrated by girls at the **Variety Concerts**. Girls, using their initiative, imagination and creative talents, have been through extensive auditioning and rehearsal routines to ensure that we have selected fabulous items from across the Junior School. To finish as a community with the special **end of year barbecue** generously provided by the Abbotsleigh Parents' Association, will be a wonderful conclusion to the year.

Final assembly

Today we also held our final assemblies for the 2023 year. We took time in these assemblies to herald the significant contributions of service and commitment that the girls have made this year through the awarding of pennants. These are a highly prized recognition of a girl's outstanding contribution to, and exemplary conduct in, a cocurricular

activity. We warmly applaud the following girls who have been awarded a pennant.

Music

We commend the following girls for their outstanding contributions to Music:

Sophie Bates, Mirabella Bertolla, Abelia Chung, Elaine Ha, Claudia Lee, Gemma Lim, Skye Martin, Maisie Mei, Neve Peters, Chloe Shao, Heidi Sun, Savannah Tan, Kate Wang, Ellie Wu, Maggie Yang, Meii You, Lily Zahab, Miranda Zavaglia, Gwendolyn Zhang, Natalie Zhang, Sophie Zhou

Sport

The following girls have been awarded pennants for their outstanding contributions to Saturday Sport where they have participated in all terms of sport each year since their enrolment:

Olive Allott, Harriet Bell, Mahi Bhargava, Sophie Birch, Iyla Callaghan, Sophie Deed, Ava-Liah Elias, Eliza Gibb, Olivia Ives, Skye Martin, Saskia McDonald, Erin Milne, Harriet Qiu, Jacqueline Qiu, Rhea Randhawa, Jessamy Reynolds, Georgina Rhodes, Chloe Shao, Georgia Simondson, Lucy Slattey, Amanda Tan, Annabelle van der Vlies, Sophie Tong, Isabella Watters, Lily Zahab, Miranda Zavaglia, Gwendolyn Zhang, Natalie Zhang

I also announced the Prize List for 2023 that seeks to recognise academic and sporting endeavour as well as those who have contributed most significantly through their considerate interactions and participation. With this announcement I spent much time helping the girls to understand that while every girl may desire an award, such an outcome would preclude the very joy they seek to attain. We discussed how to graciously respond to disappointment and elation. I seek your support as parents in helping your daughter accept the very careful decisions that have been made again this year.

Our class-based awards focus on the School Value of perseverance to acknowledge the girls who have demonstrated personal excellence and effort throughout the year. To this end, in each class, three Excellent Effort prizes have been awarded for girls who have been able to sustain effortfulness across all subject domains. Equally, we have emphasised all of our school values that speak loudly to the character of an Abbotsleigh girl. Each class teacher has also identified a student in their class who has embodied and modelled the School Values of courage, compassion, integrity, perseverance and respect. These students will receive the special prizes of Citizenship. Our other special prizes, most of which are endowed, were also announced today. At Abbotsleigh we prize and applaud excellence, effort, endeavour and service.



Speech Day organisation

Ms Sally Ruston
Head of Junior school



Our Junior School Speech Day, being held at **2 pm on Wednesday 6 December 2023**, promises to be a very special event to celebrate the achievements of our girls.

Our guest speaker will be Mrs Jacqueline Harvey, who after a successful 20-year career in education and past Deputy Head of Junior School at Abbotsleigh, is now one of Australia's most popular authors for children. Rehearsals are well underway at school and the final rehearsal will occur at the venue before the event. The expansive space of the Judith Poole Sports Hall will mean that seating does not need to be restricted and queueing will not be necessary as all parents will be seated in the venue.

Speech Day will commence as a regular school day for the girls with duty and classes commencing as usual and the girls wearing full summer uniform, including blazers and white panama hats. The girls will be involved in class-based activities on Wednesday morning before departing after an early lunch for the Senior School with their class teacher to rehearse and enjoy a snack in the Senior School grounds.

The girls will be seated by 1.40 pm and we ask that parents enter at this time to be seated by 1.50 pm.

Please note that there will be **no parking on the Senior School grounds or car parks**. Where possible, we ask that parents travel

by public transport and not to queue early on this day to avoid congestion with the earlier Senior School Speech Day event.

Girls should have already taken home their scooters and bikes.

Girls should bring food for morning tea/lunch, and a water bottle in disposable packaging. There will be no tuckshop available on this day. Girls are to wear full summer school uniform including their blazer and Panama hats. Girls are **NOT** to bring their school bags.

The arrangements for the day are as follows:

7.50 am – Normal drop off procedures in place in the Junior School

1.40 pm – Doors open for parents to enter the Judith Poole Sports Hall

2 pm – Official Ceremony begins

3.30 pm – Speech Day concludes with refreshments being served on the Plaza at the front of the Senior School. Girls departing with their parents must be signed out by their class teacher.

Absences

If your daughter is ill on the morning of Wednesday 6 December, please ring Junior School Reception by 8.30 am to report the illness. Please ensure that a medical certificate is provided. Attendance by all girls is required.

Gratitude to staff

Ms Sally Ruston
Head of Junior School

In assembly this week, I took time to announce and thank the following departing staff for their dedicated service to Abbotsleigh through their exemplary teaching, nurturing and support of our girls and our community.

Rachel Mitchell has been an outstanding early childhood educator at both our ELC and in the Transition class for almost nine years. She has created the most nurturing and well-structured learning environments, full of joy, excitement and encouragement. Rachel is dedicated to providing the highest quality experiences. Her warmth, optimism and energy have been so greatly appreciated by girls, staff and parents. We wish Rachel every continued success as she moves to a part time role beyond Abbotsleigh.

Jasmine Baron has been a most impressive young educator who has worked with inordinate determination to ensure the learning and wellbeing needs of her Year 5 girls have been comprehensively met. Jasmine's warm encouragement and dedication to seeing each girl in her class thrive have resulted in great outcomes for all. Equally impressive has been Jasmine's commitment to providing innovative, creative lessons, while also ensuring that sound skills development has been the reality. We wish Jasmine every continued success as she takes up a permanent position in the Catholic sector.

Annie Ioannou has completed her internship as well as completing her Bachelor of Education this year while supporting the girls in Year 5. Annie's time with us has been marked by her optimism and great resolve to learn, enquire and contribute. We wish her every success as she moves to Newington next year.

Jiae Mun again stepped in to support our girls as an Innovator earlier in the term and then as the Year 1G classroom teacher at the conclusion of this term. We sincerely thank Jiae for bringing such enthusiasm, energy and warmth to her teaching practice as she has skilfully support the girls' learning and wellbeing needs.

This year has been one full of exciting adventures, great growth and wonderful 'firsts' for our girls. This has been

possible due to our most dedicated and remarkable teachers and staff for their tireless, generous and gifted educating. The vocation of teaching is a rich and rewarding one. I warmly thank our educators for giving with such great energy, creativity and purpose to mark yet another wonderful year in Abbotsleigh's rich history.

2024 Arrangements

Ms Sally Ruston
Head of Junior School

The 2024 school year begins for the girls on Tuesday 30 January 2024 at 8.20 am. We ask that your daughter catches public transport or is dropped off in the Lower Car Park on this day in the usual manner and allow her the thrill of coming home and telling you of her first day news including her teacher for the coming year. I look forward to meeting you again at the Junior School Parent Information Night on Tuesday 6 February 2024. On Friday the following week will be the Headmistress's Parent Welcome function – Twilight on the Plaza, on Friday 9 February at 7 pm to be held in the Senior School.

Car park arrangements 2024

To ensure a smooth start to the drop off and collection routines from day 1 next year, we ask that you ensure that your family name is displayed in the windscreen of your car. Staff will be on duty to assist, so please remain in your car and collect your daughter from the following locations:

- **Lower Car Park**
All morning drop offs will occur in this location with supervision from 7.50-8.20 am
Afternoon pick-ups from the Lower Car Park will be for Kindergarten to Year 3 and Year 5 from 2.50 to 3.40 pm. These families, with siblings also in Years 4 and 6, are directed to use the Lower Car Park for all children.
- **Upper Car Park**
Afternoon pick-ups from the Upper Car Park will be for Years 4 and 6 with supervision from 3.10-3.40 pm.

Christmas wishes and thanks

Ms Sally Ruston
Head of Junior School

I take this opportunity to thank you all for the support you have brought to our Junior School community during this year. Our school is the richer for your contributions. I hope that you and your family enjoy a happy and holy Christmas and a wonderful New Year. I encouraged all girls in assemblies to spend time reading over this extended holiday period. Entering into other worlds and realms through books is a most stimulating and relaxing activity. Finding time for active outdoor pursuits is also essential and fun. This will ensure that the girls are ready for the exciting challenges and demands of their new schooling year.



Year 2 Celebration and soirée

Mr Matthew Wood
Year 2 Classroom Teacher

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose." – Dr Seuss

In a wonderful evening of entertainment and dance, the Year 2 girls celebrated their upcoming journey the other side of the rainbow wall. It was a beautiful opportunity for the girls and their families to reflect upon their time in Infants. The evening showcased a variety of the girls' talents. We wish this cohort of inspiring, caring and courageous students all the best as they venture into Primary.



Year 3 Week without words

Mrs Meg Lim
Year 3 Classroom Teacher

Last week, Year 3 organised the Week Without Words fundraiser for St Lucy's School. Each class has been lucky enough to visit St Lucy's throughout the year and have developed some great friendships with the students. The girls were eager to do everything they could to raise much needed funds to support the school as they expand their facilities in Wahroonga.

Students in Years 2 and 3 worked together to craft a range of bookmarks, Christmas cards and woven decorations to sell at the stalls in Week 7. St Lucy's also provided us with a range of products to sell. The stalls were set up in the Outdoor Kitchen and outside the Canteen, and the response from the students was incredible, with most of the items selling out by Wednesday.

The week culminated in a silent recess, where students and staff were required to find alternate ways of communicating. This proved quite challenging, and students (and staff) gained a greater appreciation of how difficult it must be for people who struggle to communicate without words.

Year 3 would like to say a huge thank you to all the students and teachers who supported St Lucy's during our Week Without Words. We raised an incredible \$2,042.90, which will go towards new technology and the new playground at St Lucy's.



Wild with Words kids poetry competition

Ms Sally Ruston
Head of Junior School

Congratulations to the following students whose poems were entered into the Wild with Words Kids Poetry Competition. The poems were outstanding, demonstrating a lovely connection to the environment and creative writing skills.

Year 1

- **First place:** Audrey Mawa-Pocock for *My Shrub* in the Most Unique Poem category

Year 3

- **First place:** Alice Yu for *Our Planet Speaks To Us* in the Most Awareness For Caring For Country category
- **First place:** Macie Yu for *Gum Tree* in the Most Descriptive Use of Words category

Highly Commended: Isabella Sicouri for *Earth in our Hands*

Highly Commended: Lily Apathy for *Ravishing Creek*

Highly Commended: Mieke McDonald for *The Dance of the Cassowary*

Year 5

- **Highly Commended:** Allison Giang for *The Bushfire*
- **Highly Commended:** Scarlett Harris for *The Wind*
- **Highly Commended:** Amy Ma for *The Nightingale's Song*

Year 6

- **First place:** Neve Peters for *Home at Heart* in the Most Descriptive Use of Words category
- **Highly Commended:** Saskia McDonald for *Wondrous Wattle*
- **Highly Commended:** Erin Milne for *My Special Beach*
- **Highly Commended:** Amelia Young for *I Love Our...*

STANSW Young Scientist awards

Mrs Jacqueline McCarthy
JS Science Teacher

This week the STANSW Young Scientist awards were held. The young scientist competition is for school-aged students who have completed an outstanding research project. Schools are encouraged to only submit their finest projects to the competition. There were more than 680 entries in the competition from across NSW, and from those, three Abbotsleigh students were selected to receive prizes.



Abelia Chung (Year 6) received equal first in the Scientific Investigations Years 5-6 category (\$150 cash prize) for her project, *The effect of yeast as a biodegradable medium in decomposing surgical masks*.

Sophie Fox (Year 12) received 2nd prize in the Scientific Investigations: Earth and Environmental Science Years 11-12 category (\$250 cash prize) for her project, *Investigating the effect of water pH on the health of hormosira banksia embryos by examining the rate of change of growth, pigment concentration and survival*.

Danika Chan (Year 12) won two prizes for her project, *Benchmarking of Computational Chemistry Models for Radiative Efficiency Calculations of Small Atmospheric Molecules*

- 1st prize in the Scientific Investigations: Chemistry Years 11-12 category (\$350 cash prize)
- 2nd prize for the Grand Award for the best overall project (\$800 cash prize)
- Danika was also nominated to compete at the ASTA i3 national competition as part of the NSW team.

Student success

Mrs Carmen Gaspersic
Deputy Head of Junior School

Congratulations to Elena Chen (Year 1) who competed in the Little Athletics Zone Championship two-day competition.

Elena achieved two first and two seconds. Her results are below:

- 400 m – 1st (1:17:11)
- 700 m – 1st (2:30.53)
- 70 m – 2nd (11:57)
- 200 m – 2nd (35:70)

We wish Elena all the best at Regionals.



Vacation care

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 Monday 15 January 2024 and provide Vacation Care until Monday 29 January 2024. Please note we will be closed Australia Day, Friday 26 January.

To access the holiday program, please contact Paige Dowd at Kids Club OSHC by phoning 0408 092 413, or via email at abbotsleigh@kidsclubchildcare.com.au

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 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 coming and going to AbbSchool activities while still enjoying afternoon tea, games and craft!

2024 fees:

- **Before School Care**
 - **Permanent: \$24* per morning**
 - **Casual: \$27* per morning**
- **After School Care**
 - **Permanent: \$34* per afternoon**
 - **Casual: \$38* per afternoon**

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 **complete the enrolment form**. This ensures that Kids Club care is always available to your daughter.

Senior School

Wellbeing Matters: Connect and celebrate wellbeing days for Years 7, 8 and 9

Mrs Liz Cannon
Director of Wellbeing

Our girls in Years 7, 8 and 9 'connected and celebrated' at special Wellbeing Days for each year group. The girls had lots of fun engaging in a range of activities to celebrate and connect. Being together as a year group is such an important time and the girls value this time in a different and relaxed space.

During the week, all girls were involved in a variety of sessions including movement, team connection games, relaxation sessions and a craft gratitude activity. In the craft session, each girl created a gratitude card that will be included in a 'memory banner' or house bunting for their year group to mark this wonderful year. Gratitude and being thankful is linked to greater happiness, a more positive

outlook on life, and stronger social bonds and support networks.

The girls listened to presentations by our Police Youth Engagement Officer, Senior Constable Lynda Hart. The sessions focused on age-appropriate topics regarding staying safe online and staying safe at gathering.

The Wellbeing Days were a huge success – the girls were so engaged and so positive about all the activities. It was most definitely a celebration! Thanks to all the girls for their amazing positivity throughout the three days and a huge thank you to the staff involved for their incredible input and effort to make the Wellbeing Days such a success for the girls.

The following three articles from students as well as the photos, highlight the magic of the days. We are very proud of our girls!

Year 7 Wellbeing day

Lola Anderson and Eleanor Ceeney
Year 7

On 8 November, Year 7 were fortunate enough to participate in a Wellbeing Day.

The day began with the eight houses moving into their groups and discovering what our first activity was. Arts and Craft was one of the activities. We had glitter, stickers,

textas and cards and were on a mission to create the best poster/card about gratitude and what it means to us.

Another activity involved relaxation and meditation with Heidi. It was a fun, calming experience as we stretched and were then guided through breathing exercises that everyone enjoyed. We were certainly relaxed afterwards! Rounders was one of the best activities. Playing this really showed the true sides of some people.

Then we did a whole year dance which was taught to us. Everyone went so well. Everyone in Year 7 is very talented and this activity was also so much fun. We thank Georgie for taking her time up to teach us the dance.

We were also lucky enough to have Senior Constable Lynda Hart come from Hornsby to talk to us about what we need to do to be safe online and outside in our relationships.

Finally, the day finished with us relaxing in the PDCH and watching a movie called *Back of the Net*. We then talked about the values that were seen in the movie.

We want to thank all the teachers who took time out of their day to make this amazing day happen. Be sure to check out the photographs from the day.



Year 8 Wellbeing day

Olivia Lin and Christina Zhao
Year 8

To say Year 8's Wellbeing Day was brimming with enthusiasm, laughter and togetherness would be the understatement of 2023. On 9 November, our cohort gathered together to recharge after a strenuous two weeks of assessments. It was a deserving break from the customarily chaotic nature of Term 4.

The cohort was split into four groups consisting of two houses, following the conscientious schedules arranged by Mrs Cannon. The morning began with relaxation, spreading our not-quite-long-enough-for-our-bodies' towels across the dance studios. We endured strenuous exercises, releasing tension through the classic side to side stretch, low lunge and downward dog. Our efforts to improve flexibility were relieved through meditation, where we reflected on our immense gratitude.

Relaxation was followed by a game of Rounders, awakening the competitive nature we knew all too well in Abbotsleigh girls. The rules were simple: hit the ball and run for your life. The houses competed against one another, but ultimately Franklin secured the greatly sought after victory.

After a short break, we rehearsed a dance to the recently grammy nominated 'Dance the Night Away', from the *Barbie* soundtrack. Each group was taught a separate choreography, which was then performed as a cohort, resulting in a coherent dance only enhanced by our enthusiasm.

Chuffed with our efforts, we headed off to celebrate kindness and gratitude through creating personalised decorations, otherwise known as bunting. We indulged in a plethora of coloured paper, stickers and glitter, slightly detached from the dignified versions of ourselves within classrooms, as we unleashed our creativity.

We reunited in the Year 12 Common Room to watch *Shrek*, eliciting strong emotional responses from our grade throughout the movie. Being together, celebrating and connecting, was a great way to end the day.



Year 9 Wellbeing day

Cate Atkinson
Year 9

On Friday 10 November, Year 9 enjoyed a relaxing yet fun-filled Wellbeing Day, engaging themselves in a wide variety of activities. First, Year 9 was split into four groups, with two houses paired together. There were four different fun activities, which the groups rotated through.

First, there was rounders, run by Ms Hurll, where the two houses played against each other. In a friendly competition, the scores were recorded, and as each house played this activity, they aimed to beat it.

The second activity of the day was Christmas themed craft, masterfully organised by Ms Andrawes. Using glitter, stickers, card and their creativity, we made cards of gratitude to share with someone meaningful to us.

Then, we relaxed and gently exercised with some yoga. Enjoying peaceful tunes and guided meditation, Year 9 learnt the importance of breath control and meditation for calmness and to improve our wellbeing.

In the next activity, each group learnt different parts to a dance of 'Dance the Night Away'. At the end, all of Year 9 came together to combine our fabulous moves into one united dance. It was very enjoyable seeing each group showcase their unique routines.

Then, Year 9 sat down for an informative and engaging presentation from Senior Constable Lynda Hart. She discussed the ways to keep ourselves and our friends safe at parties, ensuring that we understand the potential risks and consequences of our actions. Year 9 were reminded that the police are there to help us and keep us safe.

Wellbeing Day was a wonderful experience, and we are grateful for all those involved who made this day possible.

