

The Shuttle



Time flies faster than a weaver's shuttle.



Tech savvy parenting

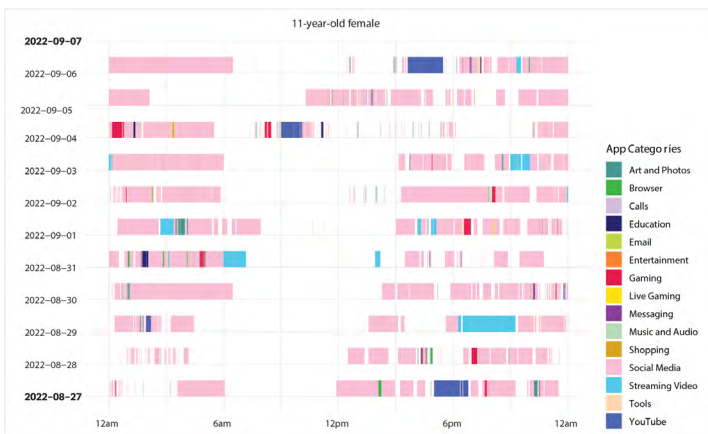
Ms Sally Ruston
Head of Junior School

It is true that our experiences growing up as children and young people were void of digital distractions and challenges. Given that the internet was only a reality from 1983, the world wide web was only accessible from 1993, and that for most of us, the mobile phone weighed the equivalent of a house brick and closely resembled one, it isn't surprising we have no lived childhood experiences of interacting online. Despite this, we all do have the responsibility to set for our children and young people safe online boundaries and to engage in watchful monitoring.

We were reminded of this necessity through the Safer Internet Day initiated by the eSafety Commissioner on Tuesday of last week.

We sometimes think that living on the leafy upper north shore of Sydney means that we are in some way immune from the dangers inherent in online interactions. The sad reality is that cyber challenges and online bullying find a comfortable home everywhere and anywhere, and potentially into your daughter's bedroom if devices are allowed in this location. Usually, parents are invariably unaware of their children's online use in the middle of the night, as they very understandably assume that their children are sleeping!

An alarming example of this can be seen in the graph below that clearly demonstrates the online activity of a 11-year-old girl in the US. Please note the number of hours this young girl was on her phone between the hours of 12 midnight and 6 am. This behaviour also occurs in Australia and, like the parents of the young girls cited in the US study, invariably parents have no knowledge of this behaviour, as understandably, they assume their child is asleep! So, please ensure that all devices are kept out of your Junior School or Senior School daughter's bedroom no matter how old she is.



From: Constant Companion: **A Week in the Life of a Young Person's Smartphone Use** | Children's Mental Health Network (cmhnetwork.org) p. 19 (Graphs for smartphone use of boys and girls aged 12 years and over are also cited in this study)



The research of Dr Kristy Goodwin – an expert in the area of online safety, clearly reveals that our girls do not have fully formed prefrontal lobes capable of judgement and discernment. Thus, they are dependent on the wise and caring parents in their lives to put in place protective digital boundaries and borders around their Junior School and Senior School girls' online habits.

I share these most helpful tips from Dr Goodwin to support parents as you navigate what is unfamiliar territory for many:

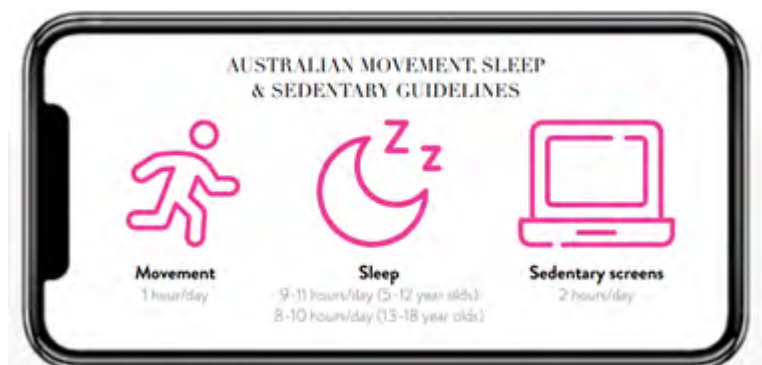
1. **Be the pilot of the digital plane** – and **not** the passenger. This includes routinely and **without notice** auditing your daughter's phone and devices to see what apps are used and what her search history includes. This is not intended to be punitive, but protective. Please note that this should be done with your daughter and not behind her back. We also recommend installing Family Zone or another internet filtering tool to protect your daughter at home.

Do not introduce access to social media prematurely – even if your daughter claims that 'everyone else' is allowed to do this. Giving your daughter access to social media before the products' stated legal age brings about questions of integrity and instantly exposes her to unfamiliar people and content that is deliberately curated for teens and adults.

2. **Establish digital borders and boundaries** around your daughter's 'tech' habits. This includes keeping devices out of bedrooms and bathrooms. Walking as a pedestrian while viewing a device is also so dangerous. Please preserve digital-free mealtimes and short car journeys.
3. **Ensure that technology doesn't displace your daughter's basic needs.** If you are confident that your daughter's needs are being met in terms of sleep, connection with family and friends, exercise and nutrition, then we can all be more relaxed about screen time.

To assist with this, the following guidelines are recommended:

- No digital use in the first hour of the day so that your daughter arrives at school ready to learn and not over stimulated by online activity.
- No digital use in the final hour of the day before bedtime so that sleep isn't impacted through high levels of dopamine and the failure of serotonin release due to blue screen usage.
- Ensure that Junior School girls are getting between 9-11 hours' sleep a night.
- Ensure that Senior School girls are getting between 8-10 hours' sleep a night.



4. **Preserve and promote boredom.** Boredom is good for our girls as human brains weren't designed to be switched on and constantly processing information 24/7. Allow time for reflection, daydreaming and problem solving. White space enables our girls the time to start to form an understanding of who they are individually.
5. **Ensure enough green time.** Research is clear that children and young people need at least an hour's physical activity each day. Spending time outdoors allows for our circadian rhythms to reset and wards off myopic progression (short sightedness).
6. **Be a good role model.** Please be mindful of your own digital habits as our children imitate our behaviour; in fact, they are hard wired with mirror neurons in the brain to do so. Make sure that your daughter has access to behaviours of which you will be proud when you see them mimicked. This includes where your own device lives at night, where devices are at mealtimes and what you are posting online in group chats and on social media.

We implore you to be the digital pilot in your daughter's digital journey. Together, we can be proactive in keeping her safe both physically and psychologically. To facilitate a conversation about online use, I commend to parents Dr Kristy Goodwin's **Digital Wellbeing Plan**.

JUNIOR SCHOOL STAFFING UPDATES

It is with delight that we welcome to our school community our new **Teacher Librarian – Ms Kim Fyffe**, who has recently returned from teaching at Dulwich College in Singapore. Ms Fyffe is highly credentialed with a Bachelor and Master of Arts and a Master of Education in Teacher Librarianship as well as a Graduate Certificate in STEM Education. The energy, expertise, passion and innovation already evident in her practice are truly fabulous.

To the Wellbeing Team we welcome **Mrs Emma Cabuil** as our new **Junior School Counsellor**. She brings great expertise and experience with a Bachelor of Arts and a Master of Social Work. She has worked in hospital and residential care settings, with her most recent work being in supporting families in the palliative care environment. Already Mrs Cabuil is quickly coming to know our girls and families as she helps the girls prepare for our upcoming outdoor education camps.

Mrs Hilary Luck has resigned from our Music Department. We thank her for the great expertise and passion she brought to her music teaching and conducting. **Mrs Anita Lee** and **Miss Rachel Marcellino** are the **Junior School Music Teachers** ensuring the girls are finding joy and welcome challenge in their musical endeavours. Should you need to contact the JS Music Department please do so via the jsmusic@abbotsleigh.nsw.edu.au email.

SENIOR SCHOOL STAFFING UPDATES

It is with great delight that we welcome our new **Head of Career Education and Post School Opportunities, Ms Vivienne Gilkes** to the Senior School this week.

As you are aware, very sadly, our **Careers Adviser, Mrs Marg Selby** announced her retirement last year, and will be leaving us officially early Term 2 after her Long Service Leave this term. Mrs Selby has given tireless service to Abbotsleigh over many years and we will be farewelling her appropriately next term.

Ms Gilkes (AOG 2001) has a wealth of experience in the Independent sector and will certainly be looking after our senior girls very well as they navigate their lives at school and well beyond the gates of Abbotsleigh in the future. I am sure that you will all join with me in warmly welcoming Ms Gilkes back to Abbotsleigh!

This year we have welcomed a number of new members of staff including:

- **Mrs Paula Chan** and **Ms Lisa Lin** in the Mathematics Department
- **Mrs Lucy Collins** and **Ms Dawn Yang** in the Science Department
- **Ms Madeleine Papp** and **Ms Emma Kardell (AOG 2017)** in the HSIE Department
- **Ms Lauren Barlow** and **Ms Nicola Walkerden** in the Visual Arts Department
- **Mr Joao Loureiro** in the PDHPE Department

And we welcome back:

- **Ms Sally Lucas** in the Music Department
- **Ms Elizabeth Dawson** and **Mrs Allison Dunnett** in the English Department
- **Mrs Diana Webster** (AOG Goodsall, 2005) in the HSIE Department

It is wonderful to welcome these highly qualified members of staff who already are making a very positive impact in the Senior School

Chaplain

The greatest love

Rev Sarah Hobba
Chaplain

It was Valentine's Day this week. Some people may show their love through flowers or chocolates on this day, while others stay out of the hype. Boarder's Chapel this week focused on how God's love can lift us up. God loves us before we even love ourselves. It isn't a love based on seeking approval or proving our worth. Love also isn't just a feeling, but is seen through action. God has shown us his love by sending Jesus for us. This love is then passed on to loving one another.

1 John 4:7-9 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: he sent his one and only Son into the world that we might live through him.

Upcoming events

WHOLE SCHOOL

Grace Cossington Smith art award Exhibition of finalists	27 January to 24 February	GCS Gallery
Lunar Calendar New Year Parent Morning Tea	Monday 19 February 8.30-10 am	Junior School Library Plaza Click here to RSVP
Abbotsleigh Christian Fellowship Parent prayer meeting	Wednesday 21 February 7.45-8.30 am	Junior School Library Annex Rooms

JUNIOR SCHOOL

Transition to Year 2 Intensive Swimming Week	Monday 19 to Friday 23 February	
Year 6 football, water polo and flippa ball training	Monday 19 February 3.20-4.30 pm	Junior School
Years 2-6 cross country training	Tuesday 20 February 7.15-8 am	Junior School
Year 3 Parent Morning Tea	Wednesday 21 February 8-9.30 am	Bundarra Lawn
Year 5 football, water polo and flippa ball training	Wednesday 21 February 3.20-4.30 pm	Junior School
Years 2-6 cross country training	Thursday 22 February 7.15-8 am	Junior School
Years 3 and 4 football, water polo and flippa ball training	Thursday 22 February 3.20-4.30 pm	Junior School
Year 4 Parent Morning Tea	Friday 23 February 8-9.30 am	Bundarra Lawn
ISDA Debating (Abbotsleigh vs Trinity)	Friday 23 February 4-9 pm	Abbotsleigh
IPSHA football, water polo and flippa ball	Saturday 24 February 8 am-12 noon	Various locations, see team sheets
Year 6 Outdoor Education, Canberra and Mt Kosciuszko	Monday 26 February 6.30 am	Everett Hall
Year 1 Parent Morning Tea	Monday 26 February 8-9.30 am	Bundarra Lawn
Transition to Year 2 author talk with Jacqueline Harvey	Monday 26 February 9-10 am	Auditorium

Transition ACEE visit	Wednesday 28 February	Senior School
Year 1 school-based activities	Wednesday 28 February	Junior School
Year 2 Chapel and Archives excursion	Wednesday 28 February	Senior School
Kindergarten Australian Museum excursion	Wednesday 28 February Normal school hours	
Year 3 Outdoor Education, Milson Island	Wednesday 28 February 8 am	Everett Hall
Year 4 Outdoor Education Camp, Point Wolstoncroft	Wednesday 28 February 8 am	Everett Hall
Year 5 Outdoor Education, Somerset Camp	Wednesday 28 February 7 am	Everett Hall
Transition Teddy Bears' Picnic	Thursday 29 February	Junior School
Kindergarten Colour Day	Thursday 29 February	Junior School
Year 1 Reptile Park excursion	Thursday 29 February Normal school hours	
Year 2 Outdoor Education, CCC Yarramundi	Thursday 29 February 7.30 am	Everett Hall
Kindergarten Calmsley Farm excursion	Friday 1 March Normal school hours	
Year 1 Outdoor Education, Broken Bay	Friday 1 March 7 am	Hornsby Train Station George Street entry
Year 1 Outdoor Education, Broken Bay	Friday 1 March Pick up 4.30 pm	Bundarra Lawn
Year 2 Outdoor Education, CCC Hawkesbury	Friday 1 March Pick up 3 pm	Bundarra Lawn
Year 3 Outdoor Education, Milson Island	Friday 1 March Pick up 3.15 pm	Bundarra Lawn
Year 4 Outdoor Education, Point Wolstoncroft	Friday 1 March Pick up 4 pm	Bundarra Lawn
Year 5 Outdoor Education, Somerset Camp	Friday 1 March Pick up 3.30 pm	Bundarra Lawn
Year 6 Outdoor Education, Canberra and Mt Kosciuszko	Friday 1 March Pick up 6.30 pm	Bundarra Lawn

Please note that as pick for Years 2, 3 and 5 is at the end of a normal school day, your daughter can be collected from lower car line until 4 pm or Bundarra Lawn as above, or they can go to After School Care. On Friday 1 March in the afternoon the following year groups will not be able to use the Abbotsleigh buses: Year 1, Year 3, Year 4, Year 5 and Year 6.

SENIOR SCHOOL

STEAM WEEK	Monday 19 to Friday 23 February	
Years 11 and 12 Ancient History lecture	Monday 19 February	
Sisters in Sport – NextGen Leadership Day	Tuesday 20 February 9.30 am-2 pm	Ascham School
Year 9 Study Skills with Prue Salter	Tuesday 20 February 2.10-3.25 pm	
All Schools Triathlon (individual events)	Wednesday 21 February 7 am-1 pm	Sydney International Regatta Centre
All Schools Triathlon (team relays)	Thursday 22 February 7 am-1.30 pm	Sydney International Regatta Centre
Year 9 Commerce excursion	Thursday 22 February 9.40-11.45 am	
Lunchtime speaker from UNSW for Years 11 and 12	Thursday 22 February 1.20-2 pm	
Year 12 Parent Teacher Interviews	Thursday 22 February 3.30-8.30 pm	
Year 7 Parent/Tutor Breakfast	Friday 23 February 7-8.30 am	Gymnasium
Year 9 Commerce excursion	Thursday 22 February 9.40-11.45 am	
IGSA Badminton and Tennis Round 3	Saturday 24 February 8 am-12 noon	
Softball Round 4	Saturday 24 February 8 am-12 noon	
AFL Round 3	Saturday 24 February 1-5 pm	
Year 10 Visual Arts incursion	Monday 26 February 8.20 am-3.25 pm	
SS Swimming Carnival	Tuesday 27 February 8.20 am-3.25 pm	SOPAC
Year 11 Parent Information Session	Tuesday 27 February 6-7 pm	
Year 11 Drama excursion	Wednesday 28 February 8.20 am-2.15 pm	Sydney Theatre Company
Year 9 Geography Excursion	Thursday 29 February 8.15 am-3.15 pm	Barangaroo
Year 12 Modern History lecture with Ken Webb	Thursday 29 February 8.20-11 am	

Year 12 Mother Daughter Breakfast	Friday 1 March 7-8.15 am	Gymnasium
Year 12 Ancient History lecture with Estelle Lazer	Friday 1 March 1-3.25 pm	
IGSA Badminton and Tennis Round 4	Saturday 2 March 8 am-12 noon	
Softball Round 5	Saturday 2 March 8 am-12 noon	
AFL Round 4	Saturday 2 March 1-5 pm	

SAVE THE DATES

COMMUNITY EVENTS

- Join us in Dubbo Saturday 11 May
- Join us in Wagga Wagga Saturday 22 June
- Join us in Tamworth Saturday 27 July