

# The Shuttle



Time flies faster than a weaver's shuttle.

## Year 12 Mother Daughter Breakfast address

Mrs Elizabeth Thornthwaite  
Mother of Head Prefect, Lily Thornthwaite

It is a great delight to join you all for breakfast this morning, our final mother and daughter breakfast at Abbotsleigh. A time to celebrate and reflect, and a time, for me, to brave the waves!!

Our beautiful, baby girls have blossomed into fine, independent young ladies with servant hearts and a zest for life. It is, indeed, a very sentimental time for you, girls, as you enjoy the many final events of your schooling. Your last swimming carnival this week and house choir last week, it has been a huge start to the term. I encourage you all to live in the moment and have lots of fun as you climb Mount HSC.

I remember fondly the days of styling plaits and side ponies before school, nights snuggled up in bed listening to home readers, junior school car line pick-ups and sounds that words cannot quite describe as Lily learnt to play the violin. So many memories of an amazing school journey here at Abbotsleigh. Memories that will be cherished forever.

In the words of Helen Steiner Rice:

A Mother's love is something  
that no one can explain,  
It is made of deep devotion  
and of sacrifice and pain,  
It is endless and unselfish  
and enduring come what may  
For nothing can destroy it  
or take that love away . . .  
It is patient and forgiving  
when all others are forsaking,  
And it never fails or falters  
even though the heart is breaking . . .  
It believes beyond believing  
when the world around condemns,



And it glows with all the beauty  
of the rarest, brightest gems . . .

Such lovely words from Helen.

As mothers, we don't just love you to the moon and back and then more; as you know all too well girls, we like to provide encouragement, also known as advice. Not always welcomed by teenagers – I get that.

Braving the waves can be exhilarating and fun.

When the surf gets rough, as it inevitably will when braving the HSC, there may be times when you fall off your board. Allow yourself to float for a bit but you need to bounce back and get back on your board.

Let's face it, there is Val dress shopping to be done and Schoolies is calling!

So, how do we bounce back onto our board when braving the waves?

By remembering:

Bad times don't last. Stay optimistic.

Other people can help if you talk to them.

Unhelpful thinking makes you feel more upset. Try reframing your thoughts.

Nobody is perfect.

Concentrate on the positives (no matter how small) and use laughter, my personal favourite. In my mind, a day without laughter is a wasted day.

Just like if you see someone without a smile, give them one of yours to wear.

Remember everybody experiences sadness, hurt, failure, rejection and setbacks sometimes. They are a normal part of life. Try not to personalise them.



Accept what can't be changed (but try to change what you can first).

Catastrophising exaggerates your worries. Don't believe the worst possible scenario.

And try to keep things in perspective. Your thoughts are NOT facts. What would you say to a friend who was braving the same wave?

#advice over!

A massive thank you to all our dedicated teachers and staff for your hard work, guidance and support. We truly appreciate everything you do for our daughters.

Year 12, I wish you a wonderful year of rich learning, personal growth and lots of surfing. An exciting world awaits you. Brave the waves and bounce back.

Replace fear with courage. You cannot have rainbows without the rain.

Remember, you are enough, you are worthy and you are loved, no matter what.

We are so proud of you Year 12. Good luck and all the very best for the year ahead.

Thank you.

# Chaplain

## Hope in times of challenge

*Rev Sarah Hobba*  
Chaplain

Facing times of challenge is part of our human experiences. Life is rarely all smooth sailing, which is why the metaphor of waves works so well for our 'Brave the Waves' Prefect theme. For Senior school, Week 7 has pushed us outside our comfort zone with camps, NAPLAN and assessments. Throughout chapels, we have looked at how the example of figures from the Old Testament can help us navigate times of difficulty,

including Noah, Abraham, Moses and Joseph. It is often our faith in God and our Saviour Jesus, who suffered himself, that we have hope that helps lead us through these times. Paul put it this way in his letter to Roman Christians:

**Romans 5:1-5** Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we have hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

# Upcoming events

## WHOLE SCHOOL

### ART NORTH exhibition

HSC Visual Arts from schools in the Ku-ring-gai and Hornsby district

2 to 23 March

Grace Cossington Smith Gallery,  
Senior School

### APA Book Club with Jessica Kirkness

Wednesday 20 March  
From 6.45 pm

Junior School Library Auditorium

### Good Friday

Friday 29 March

Public holiday

<b>Easter Saturday</b>	Saturday 30 March	Public holiday
<b>Easter Sunday</b>	Sunday 31 March	Public holiday
<b>Easter Monday</b>	Monday 1 April	Public holiday

## JUNIOR SCHOOL

<b>Year 6 football, water polo and flippa ball training</b>	Monday 18 March 3.20-4.30 pm	Junior School
<b>IPSHA Cross Country training</b>	Tuesday 19 March 7.15-8 am	Junior School
<b>ELC Excursion to ACEE</b>	Tuesday 19 March 8.30 am-2.30 pm	Abbotsleigh Centre for Environmental Education (ACEE)
<b>Years 4 and 6 Backflips Against Bullying</b>	Wednesday 20 March	Judith Poole Sports Hall, Senior School
<b>Year 5 football, water polo and flippa ball training</b>	Wednesday 20 March 3.20-4.30 pm	Junior School
<b>IPSHA Cross Country training</b>	Thursday 21 March 7.15-8 am	Junior School
<b>Years 3 and 4 football, water polo and flippa ball training</b>	Thursday 21 March 3.20-4.20 pm	Junior School
<b>Year 4 Father Daughter Dinner</b>	Thursday 21 March 6-8.30 pm	Dining Hall, Senior School
<b>Ride 2 School Day</b>	Friday 22 March	
<b>ISDA Debating</b>	Friday 22 March 4-9 pm	Abbotsleigh vs Pymble (Away)
<b>JS Production auditions</b>	Friday 22 March 3.30-5.30 pm	Everett Hall
<b>IPSHA football, water polo and flippa ball</b>	Saturday 23 March 8 am-12 noon	Various locations – see <b><a href="#">Abbotsleigh parent app</a></b> for team sheets
<b>JS Production auditions</b>	Saturday 23 March 2-4.30 pm	Everett Hall
<b>Year 1 Light Up Lives filming</b>	Monday 25 March 9-10 am	Knox Preparatory School
<b>Year 6 netball and hockey trials</b>	Monday 25 March 3.20-4.30 pm	Junior School

<b>IPSHA Cross Country training</b>	Tuesday 26 March 7.15-8 am	Junior School
<b>ELC Excursion to ACEE</b>	Tuesday 26 March 8.30 am-2.30 pm	Abbotsleigh Centre for Environmental Education (ACEE)
<b>Years 4-6 Easter Chapel Service</b>	Tuesday 26 March 8.30-9.15 am	School Chapel
<b>Kindergarten to Year 3 Easter Chapel Service</b>	Tuesday 26 March 9.30-10.15 am	School Chapel
<b>Year 5 netball and minkey trials</b>	Wednesday 27 March 3.20-4.30 pm	Junior School
<b>IPSHA Cross Country training</b>	Thursday 28 March 7.15-8 am	Junior School
<b>Year 3/4 netball and minkey trials</b>	Thursday 28 March 3.20-4.30 pm	Junior School
<b>T-2 Easter Egg Hunt</b>	Thursday 28 March 2.30-3 pm	Bundarra Lawn

## SENIOR SCHOOL

<b>Year 11 Agriculture excursion</b>	Thursday 21 March 9 am-12 noon	Leppington Pastoral Company
<b>SS IGSA Swimming and Diving Carnival (Year 7 to attend)</b>	Friday 22 March All day	SOPAC
<b>Sporting fixtures</b>	Saturday 23 March	<a href="#">Click here</a> for venues and times
<b>Year 10 Meningococcal vaccination</b>	Monday 25 March 9 am-2 pm	Senior School
<b>Year 7 Parent Teacher Interviews</b>	Monday 25 March 3.30-8.30 pm	Via Zoom
<b>Year 7 Interpersonal Skills Project Day</b>	Tuesday 26 March 8.20 am-1.15 pm	
<b>Year 12 History incursion with David Marr</b>	Wednesday 27 March 7-8.15 am	