

# The Shuttle



Time flies faster than a weaver's shuttle.

Co-Curricular – Providing students with the opportunity to do more, so they can be more



Mrs Jasmine Palmer  
Director of Co-Curricular

Schools are busy, rich and complex environments and many of the most significant moments in our students' lives often actually don't take place in the classroom. Rather they are experienced through the abundant and diverse range of activities provided to our girls through our co-curricular program. At Abbotsleigh we are focused on creating opportunities for further learning outside the classroom and beyond the curriculum, knowing that there is an important balance to be struck between academic work and co-curricular involvement, both of which have a very important role to play in developing young people.

As educators, we are responsible for encouraging and supporting our girls' involvement in co-curricular activities, helping to enhance their passions and provide them with incredible experiences. Or, for those girls who come to us not really knowing what their passions are, to provide them with the opportunities to find something that interests them – to find their 'tribe' and to learn more about themselves as they develop lifelong commitments and connections. Above all, we are passionate about ensuring that every girl who leaves Abbotsleigh at the end of their educational journey has a good sense of identity, a strong sense of who they are and what role they can play in the world.

It is through our diverse Pre K-12 co-curricular program that girls are given the opportunity to do more, so they can be more – an Abbotsleigh maxim that is no doubt familiar to you. From STEAM focused clubs such as Chess, Robotics and STEAMania, the vast array of competitive and social sport programs, dance, service clubs such as World Vision, Fairtrade and The Freedom Project, Art Space, Healthcare Connect, debating or the performing arts, there is something for everyone.

By providing these rich and diverse opportunities, carefully and enthusiastically led by our teachers and co-curricular staff, we encourage our girls to explore their talents, discover new interests and grow in confidence.

The many great benefits of being involved in co-curricular activities are well documented and widely acknowledged, and the research is confirmed by our own observations at Abbotsleigh. We recognise that girls develop strong social connections through interacting with others who share similar interests; they value the opportunity to step outside of their comfort zone and prepare themselves for new experiences; they appreciate that co-curricular activities can provide them with a positive way to channel their energy and learn about personal growth; and they like the opportunity to develop skills such as time management, problem-solving and collaboration, contributing to their academic success.

An article written by Jennifer Oaten, an innovative leader who is passionate about ensuring that girls reach their potential, provides further insights into the benefits of co-curricular in preparing students for the future and contributing to greater success later in life: 'Students who participate in co-curricular programs are more likely to pursue higher education, secure stable employment, and enjoy higher income levels. These positive outcomes can be attributed to the various skills and experiences gained through co-curricular activities, such as leadership, teamwork, and perseverance.'

Co-curricular involvement plays a crucial role in fostering a holistic approach to educating and empowering young women for all aspects of their lives beyond Abbotsleigh.



ABBOTSLEIGH

Visit the [Parent Portal](#) to edit your profile, view the calendar and view parent notices.

# Chaplain

## School of St Jude visit

*Rev Sarah Hobba  
Chaplain*

For many years, our Junior School has supported the School of St Jude in Tanzania founded by Gemma Sisia. The students who receive scholarships are given primary and secondary education and many, like Dr Suleiman who visited with Gemma this week, go on to tertiary education. Then returning to the St Jude's community, they serve and support the cycle of education in order to break the cycle of poverty. As humanity is made in 'the image of God' and as we share in God's love, we are called to show Christ's love and service throughout the world, for God's glory. We love God and love our neighbours as ourselves. It was so encouraging to hear the work of the School of St Jude and our partnership with them. The offertory from the Junior School Easter services will go to support this vital work.

**1 John 3:16-18** (CEV) We know what love is because Jesus gave his life for us. This is why we must give our lives for each other. If we have all we need and see one of our own people in need, we must have pity on that person, or else we cannot say we love God. Children, you show love for others by truly helping them, and not merely by talking about it.



# 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

## JUNIOR SCHOOL

### Year 5 Parent Morning Tea

Monday 4 March  
8-9.30 am

Bundarra Lawn

### Year 6 Halogen Leadership Day

Monday 4 March  
8.30 am-3 pm

ICC, Sydney

<b>Year 6 football, water polo and flippa ball training</b>	Monday 4 March 3.20-4.30 pm	Junior School
<b>Years 2-6 cross country training</b>	Tuesday 5 March 7.15-8 am	Junior School
<b>IPSHA Swimming and Diving Carnival</b>	Tuesday 5 March 8 am-3 pm	SOPAC
<b>Clean up Abbotsleigh Day Emu Hunt</b>	7.15-8 am	Junior School
<b>K-2 Literacy and Numeracy Parent Information Evening</b>	Tuesday 5 March 7-8 pm	Auditorium
<b>Year 5 football, water polo and flippa ball training</b>	Wednesday 6 March 3.20-4.30 pm	Junior School
<b>Years 2-6 cross country training</b>	Thursday 7 March 7.15-8 am	Junior School
<b>Year 3 History guest speaker presentations</b>	Thursday 7 March 8.30-9.30 am	Year 3 classrooms
<b>Primary Cross Country Carnival</b>	Thursday 7 March 10.50 am-2 pm	Junior and Senior School campuses
<b>Years 3 and 4 football, water polo and flippa ball training</b>	Thursday 7 March 3.20-4.30 pm	Junior School
<b>Year 2 Parent Morning Tea</b>	Friday 8 March 8-9.30 am	Bundarra Lawn
<b>K-2 Literacy and Numeracy Parent Information Session</b>	Friday 8 March 9.30-10.30 am	Auditorium
<b>Year 1 History guest speaker</b>	Friday 8 March 1.40-3 pm	Year 1 classrooms
<b>ISDA Debating</b>	Friday 8 March 4-9 pm	Abbotsleigh vs Brigidine (Home)
<b>IPSHA football, water polo and flippa ball</b>	Saturday 9 March 8 am-12 noon	Various locations – see <b>Abbotsleigh parent app</b> for team sheets
<b>Year 6 Parent Morning Tea</b>	Monday 11 March 8-9.30 am	Bundarra Lawn
<b>Year 6 football, water polo and flippa ball training</b>	Monday 11 March 3.20-4.30 pm	Junior School
<b>K-12 Ski Team Parent Information Evening</b>	Tuesday 12 March 7-8 pm	Auditorium
<b>Years 3 and 4 author visit – Belinda Murrell</b>	Wednesday 13 March 11.20 am-12.20 pm	Auditorium
<b>Year 5 football, water polo and flippa ball training</b>	Wednesday 13 March 3.20-4.30 pm	Junior School
<b>Years 3 and 4 football, water polo and flippa ball training</b>	Thursday 14 March 3.20-4.20 pm	Junior School

<b>Year 6 Webpage Design Bootcamp</b>	Friday 15 March 10.50-11.50 am	Year 6 Classrooms
<b>JS Production auditions</b>	Friday 15 March 3.30-5.30 pm	Everett Hall
<b>ISDA Debating</b>	Friday 15 March 4-9 pm	Abbotsleigh vs Tangara (Home)
<b>IPSHA football, water polo and flippa ball</b>	Saturday 16 March 8 am-12 noon	Various locations – see <b>Abbotsleigh parent app</b> for team sheets
<b>JS Production auditions</b>	Saturday 16 March 2-4.30 pm	Everett Hall

## SENIOR SCHOOL

<b>Year 9 English incursion</b>	Monday 4 March	
<b>Years 9, 10, 11, 12 Elective Music Students Encore Concert excursion</b>	Monday 4 March	
<b>Year 7 Parent Information Evening</b>	Monday 4 March	
<b>IPSHA Swimming and Diving Carnival</b>	Tuesday 5 March	
<b>Year 10 Allwell Testing</b>	Tuesday 5 March	
<b>Tildesley Tennis Tournament</b>	Wednesday 6 to Friday 8 March	
<b>Pymble Invitational Swimming Carnival</b>	Wednesday 6 March	
<b>International Women's Day Breakfast</b>	Friday 8 March 8-9.30 am	
<b>Year 11 Ancient History excursion</b>	Friday 8 March	
<b>Term 2 sport trials Years 10-12 (football and basketball)</b>	Friday 8 March	
<b>ISDA Debating Round 4</b>	Friday 8 March	
<b>ABPA Harbour Cruise</b>	Friday 8 March	
<b>Sporting fixtures</b>	Saturday 9 March	<a href="#">Click here</a> for times and venues
<b>Year 8 Challenge Week</b>	Monday 11 to Thursday 14 March	

<b>Year 7 DigiEd Claymation workshop</b>	Monday 11 March	
<b>Year 10 Morrisby Testing</b>	Monday 11 March	
<b>Year 11 Car Maintenance program</b>	Monday 11 March	
<b>Year 7 DigiEd Claymation workshop</b>	Tuesday 12 March	
<b>Year 9 Mandatory Geography excursion</b>	Tuesday 12 March	
<b>Year 11 RYDA</b>	Tuesday 12 March	
<b>K-12 Ski Team Parent Information Evening</b>	Tuesday 12 March 7-8 pm	Junior School Auditorium
<b>Year 10 Canberra excursion</b>	Wednesday 13 to Friday 15 March	
<b>Year 11 Urban Challenge</b>	Wednesday 13 to Friday 15 March	
<b>FIRST Robotics Competition – Southern Cross Regional</b>	Friday 15 March	PCYC Hawkesbury
<b>ISDA Debating Round 5</b>	Friday 15 March	