

The Shuttle



Time flies faster than a weaver's shuttle.

Abbotsleigh Girls 'brave the waves' and embrace optimism, positivity and resilience as they celebrate the International Day of Happiness.

The UN International Day of Happiness is celebrated each year on 20 March. Commencing with Martin Seligman's famous quote: 'Happiness shared is happiness squared', Mrs Victoria Rennie explores the important skills that foster happiness and wellbeing for our girls. I commend Mrs Rennie's article to you.

Megan Krimmer
Headmistress

Happier Together: celebrating togetherness

Victoria Rennie
Head of Senior School

'Happiness shared is happiness squared. When we share our joy with those we love, we feel even more joy.'
- Martin Seligman

This week at Abbotsleigh, we joined in the global celebration of International Day of Happiness, embracing the theme of 'Happier Together'. Founded by the United Nations in 2012, International Day of Happiness emphasises the importance of promoting happiness as a fundamental human right and goal for all. It serves as a poignant reminder of the significance of happiness and wellbeing in our lives, communities and societies worldwide.

In the Senior School on Wednesday, the girls came together to celebrate the joy of togetherness through various activities. It was wonderful to see our Year 7 Student Representative Council collaborating with our Year 12 leaders to create inspiring chalk art messages. Additionally, the fun activity of biscuit decorating brought smiles to everyone's faces as they engaged in creativity and shared laughter.



International Day of Happiness also was celebrated in Junior School assemblies today. It was fantastic to see the smiles on the girls' faces as they celebrated being together, singing, listening to one another and really enjoying each other's company.

In these times of uncertainty and conflict, the theme of 'Happier Together' resonates deeply. It reminds us that lasting happiness stems from our connections with others and being part of something greater than ourselves. Research clearly shows the importance of belonging to a person's wellbeing, indicating that strong relationships contribute significantly to academic success and overall fulfilment. At Abbotsleigh we focus closely on fostering positive and productive relationships, recognising that they are integral to our girls' growth and development.

As parents and educators of young girls we naturally hope for them to be happy, healthy, confident and fulfilled. Interestingly these are all skills that foster wellbeing. However, many schools focus solely on numeracy, literacy, success, study and work, all skills of achievement. Martin Seligman, author of *Flourish* and the world's leading

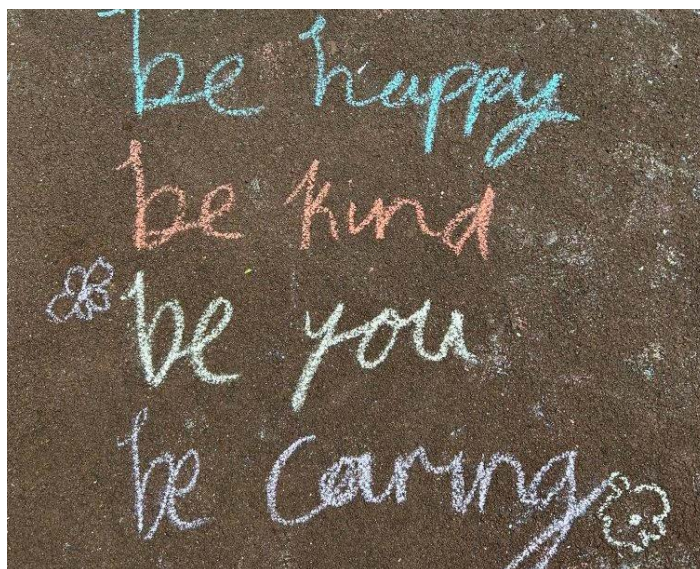


advocate of positive psychology, says that 'education is most positive and successful when children learn both [ie the skills of wellbeing and the skills of achievement]: where students are prepared to lead successful lives, when teachers design challenging activities, when learning is relevant and meaningful and where the goal of education is for children to flourish.' We believe, as Seligman does, that we can teach our girls skills that will build resilience, optimism and wellbeing.

While International Day of Happiness serves as a symbolic reminder, its impact extends beyond a

single day. We encourage every member of our school community to embrace empathy, respect, compassion and positivity in their daily interactions. Whether through acts of kindness, volunteering or advocating for social change, each of us has the power to contribute to a more joyful world.

As we reflect on the celebrations of International Day of Happiness, let us continue to cultivate an environment where happiness knows no boundaries. Together, we can create a school community where every individual feels valued, supported, and empowered to thrive.



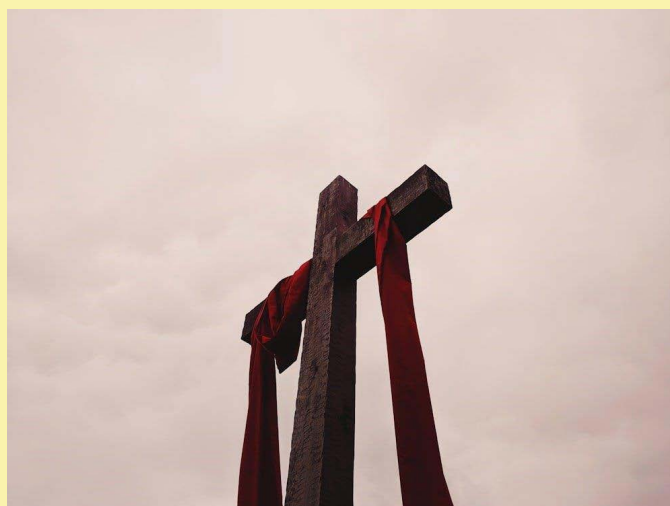
Chaplain

Mega CRU

*Rev Polly Butterworth
Chaplain*

This week, we had Mega CRU, where girls from all years gathered to reflect on the story of Good Friday. Four students prepared reflections on four key scenes at the death of Jesus. The first scene featured the darkness covering the whole land for three hours, even though it was noon (Mark 5:33), showing the anguish of Jesus' pain and suffering in taking the world's sin upon himself. Secondly, the torn curtain of the temple (Mark 15:38) signifies that people could now have free and open access to God, no longer separated through a physical barrier. Thirdly, the Roman centurion proclaimed, 'Surely this man was the Son of God' (Mark 15:38), a sign that the Gentiles would be welcomed into the people of God. The last scene focused on the women at the foot of the Cross (Mark 15:40-41) who cared for Jesus during his earthly ministry. While many

disciples fled, the women remained and are a feature of the Easter story, both at the death and the resurrection of Jesus. Each student reflected on the significance of these scenes, sharing the impact these moments have had on their life and faith.



Upcoming events

WHOLE SCHOOL

Good Friday	Friday 29 March	Public holiday
Easter Saturday	Saturday 30 March	Public holiday
Easter Sunday	Sunday 31 March	Public holiday
Easter Monday	Monday 1 April	Public holiday

JUNIOR SCHOOL

Year 1 Light Up Lives filming	Monday 25 March 9-10 am	Knox Preparatory School
Year 6 netball and hockey trials	Monday 25 March 3.20-4.30 pm	Junior School
IPSHA Cross Country training	Tuesday 26 March 7.15-8 am	Junior School
Transition Excursion to ACEE	Tuesday 26 March 8.30 am-2.30 pm	Abbotsleigh Centre for Environmental Education (ACEE)
Years 4-6 Easter Chapel Service	Tuesday 26 March 8.30-9.15 am	School Chapel
Kindergarten to Year 3 Easter Chapel Service	Tuesday 26 March 9.30-10.15 am	School Chapel
Year 5 netball and minkey trials	Wednesday 27 March 3.20-4.30 pm	Junior School
IPSHA Cross Country training	Thursday 28 March 7.15-8 am	Junior School
Year 3/4 netball and minkey trials	Thursday 28 March 3.20-4.30 pm	Junior School

T-2 Easter Egg Hunt	Thursday 28 March 2.30-3 pm	Bundarra Lawn
T-6 Parent Teacher Interviews	Tuesday to Thursday	Junior School
IPSHA Cross Country training	Tuesday 2 April 7.15-8 am	Junior School Campus
ELC Excursion to ACEE	Tuesday 2 April 8.30 am-2.30 pm	Abbotsleigh Centre for Environmental Education
Year 5 netball and minkey hockey trials	Wednesday 3 April 3.20-4.30 pm	Junior School
IPSHA Cross Country training	Thursday 4 April 7.15-8 am	Junior School Campus
Year 3 Taronga Zoo excursion	Thursday 4 April 8.30am-3 pm	Taronga Zoo
Year 3/4 netball and minkey hockey trials	Thursday 4 April 3.20-4.30 pm	Junior School
JS production rehearsals	Friday 5 April 3.30-5.30 pm	Everett Hall
ISDA Debating	Friday 5 April 4-9 pm	Abbotsleigh vs St Aloysius (Home)
IPSHA Cross Country	Saturday 6 April 8-12 pm	The King's School, Parramatta
JS production rehearsals	Saturday 6 April 2-4.30 pm	Everett Hall

SENIOR SCHOOL

Year 12 Ext History Guest Speaker	Monday 25 March 12pm-3 pm
Year 7 Interpersonal Skills Project Day	Tuesday 26 March 8.20 am-1.15 pm
Year 12 History incursion with David Marr	Wednesday 27 March 7-8.15 am
CIS Swimming and Diving Carnival	Wednesday 27 March 7.30 am-2.30 pm
Year 12 Geography Field Trip	Tuesday 2 April to Thursday 4 April
Bunda Parent Evening	Tuesday 2 April 5-6 pm
Year 7 Landscapes and Landforms Field Trip	Wednesday 3 April 8 am-3.25 pm

AOGU Generations Breakfast	Friday 5 April 7-8.30 am	
SS House Cross Country Carnival	Friday 5 April 12.30-3.20 pm	
IGSA Softball and Tennis finals/playoffs	Saturday 6 April 8 am-12 pm	
SS Badminton	Saturday 6 April 8 am-12 pm	
Sporting fixtures	Saturday 6 April	Click here for venues and times