

The Shuttle



Time flies faster than a weaver's shuttle.

Braving the Waves: giving our children the gift of resilience

Mrs Megan Krimmer
Headmistress

One of the greatest gifts we can give our children is to teach them how to be resilient. Our 2024 Prefect theme, 'Brave the Waves', encapsulates this gift beautifully. As parents, it is so hard to see our children being disappointed or sad about something, and our instinct is to soften the blow or to rescue them. However, as experts such as Dr Judith Locke and Dr Justin Coulson note, this is actually the worst thing we can do, as we are depriving our children of the gift of developing resilience. Indeed, resilience is a crucial character strength that every human being needs to flourish throughout life. As our Prefects so clearly have said and demonstrated to all our girls Pre-K to Year 12, 'You can't stop the waves, but you can learn to surf them.'

Lily Thornthwaite, our Head Prefect and Mrs Annette Ware, our Dean of Senior College have written a superb article about our Brave the Waves Festival and the importance of resilience for all of our Junior and Senior School girls. I commend their article to you.



Braving the Waves is a good investment in the future you

Lily Thornthwaite, *Head Prefect* and
Mrs Annette Ware, *Dean of Senior College*

We live in times and in a cultural setting where much energy is invested in seeking to eliminate the everyday challenges of life. While often well intentioned, this is thwarting young people's ability to build resilience and develop a toolkit for managing and even flourishing amid normal challenges. Missing out on selection in a team or ensemble, receiving a disappointing assessment result, needing to work productively in a group with others who are not your close friends, or experiencing a friendship that has not gone well are just a few of the normal everyday challenges faced by children and teenagers. The quote 'You can't stop the waves, but you can learn to surf them' (Jon Kabat Zinn) inspired our 2024 Prefects to adopt their own theme 'Brave the Waves' which is centred around developing courage, grit and resilience, and embracing the inevitable challenges of life.

On Monday, students from Years 6-12 gathered for the Brave the Waves Festival. The concept for this annual event was introduced in 2023 with the aim of celebrating and reinforcing the Prefect theme unique to each year. Year 12 girls and Prefects led a wide variety of activities aimed at character growth through facing and overcoming challenges and by connecting with others. The community enjoyed a massive obstacle course, 'Cinnamania' donut challenge, friendship bracelet making, karaoke, mural painting, cookie decorating and so much more. The Year



12 band 'CEEFOOD Allergy' created a vibrant atmosphere with a beautiful repertoire of music. It was also wonderful to see Year 6 students engaging energetically in the activities, as the Senior School welcomed them for the beginning of their orientation program.

Another highlight of the festival was the 100% sustainably made wave sculpture created by the Environment Council, led wonderfully by our Environment Prefect Alice Harrington, and with the enthusiastic support of the Abbotsleigh Maintenance Department. The Environment Council collected empty single use plastic bottles and featured them on the sculpture, drawing attention to the prominent issue of plastics in our waterways. The sculpture was painted by talented Senior School artists Meera Nirmalendran and Chloe Nicholls and included a surfboard platform for students to brave the wave for a photo shoot.

The festival was also a wonderful opportunity for Year 7 and Year 8 students to raise funds through food stalls and a barbecue. This money will contribute to their sponsorship of Elizabeth, Agness, Ntoji and Happiness at Bunda Girls' Secondary School, enabling these girls to receive a quality secondary education. Meanwhile, the Service Council sold badges for Bega kwa Bega, the name of our partnership with Bunda Girls' Secondary School, with the profits also supporting girls' education in Tanzania.

Overall, the festival was an awesome community event and a product of many peoples' hard work. The shared joy was evident on the smiling faces and in the reverberating laughter, and the drizzle did little to dampen spirits. We hope that this year's Brave the Waves festival will serve as a reminder of the importance of normalising everyday challenges and developing that all important toolkit that will lead to Abbotsleigh girls becoming strong and resilient young adults who are not thrown off course by the inevitable challenges of life.





Chaplain

Diversity – special and unique

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

A busy week of celebrating cultural diversity in Senior School, with the wonders of the Junior School production of Charlie and the Chocolate Factory, there is commonality of thinking about who we are as wonderful human beings with all our diversity and difference, and uniquely special, known and loved by God. The passages below remind us of our how human life is important and to be celebrated as we are made in the image of God.

Lord, our Lord,
 how majestic is your name in all the earth!
 what is humankind that you are mindful of them,
 human beings that you care for them?
 You have made them a little lower than the angels
 and crowned them with glory and honour.

Psalm 8:1, 4-5

So in Christ Jesus you are all children of God through faith.
 There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

Galatians 3:26 and 28

Upcoming events

WHOLE SCHOOL

Opening of Artists from Ku-ring-gai exhibition	Wednesday 26 June 6-7.30 pm	Grace Cossington Smith Gallery
Term 2 concludes	Thursday 27 June	
Term 3 commences	Tuesday 23 July	
Abbotsleigh's 139th birthday	Friday 26 July	

JUNIOR SCHOOL

IPSHA Saturday Sport	Saturday 22 June 8 am-12 noon	See Parent app for team sheets and venues
Years 3 and 4 Kaboom Percussion incursion	Monday 24 June 9.30-10.30 am	Everett Hall
Years 5 and 6 Kaboom Percussion incursion	Monday 24 June 10.50-11.50 am	Everett Hall
Year 5 Rosetta Nursing Home visit	Monday 24 June 2-3 pm	Rosetta Nursing Home, Wahroonga
Year 6 AFL and touch football trials	Monday 24 June 3.20-4.30 pm	Junior School
ELC and Transition ACEE incursion	Tuesday 25 June 8.30 am-2 pm	ACEE
5L nursing home visit	Tuesday 25 June 9.15-10.15 am	Hammond Care, Wahroonga
5O nursing home visit	Tuesday 25 June 2-3 pm	Rosetta Nursing Home, Wahroonga
5L Judith Krause session 1	Wednesday 26 June 8.30-9.30 am	5L Classroom
5D Judith Krause session 1	Wednesday 26 June 9.30-10.30 am	5D Classroom
5O Judith Krause session 1	Wednesday 26 June 10.50-11.50 am	5O Classroom
5G Judith Krause session 1	Wednesday 26 June 11.50 am-12.50 pm	5G Classroom
Year 6 Fundraiser	Wednesday 26 June 12.30-2 pm	
Year 5 AFL and touch football trials	Wednesday 26 June 3.20-4.30 pm	Junior School
Years 3 and 4 AFL and touch football trials	Thursday 27 June 3.20-4.30 pm	Junior School
ELC 4-5 Room, Transition and Year 1 Act for Kids session	Wednesday 24 July	Classrooms
Year 3 Muogamarra excursion	Wednesday 24 July 8.30 am-3 pm	Muogamarra Nature Reserve
Year 5 AFL and touch football training	Wednesday 24 July 3.20-4.30 pm	Junior School
Years 3 and 4 AFL and touch football training	Thursday 25 July 3.20-4.30 pm	Junior School
Abbotsleigh's 139th birthday assembly	Friday 26 July 11 am-12.30 pm	Assembly Hall, Senior School
IPSHA Saturday Sport	Saturday 27 July 8 am- 12 noon	See Parent app for team sheets and venues
Year 2 Sport training	Saturday 27 July 8 am- 12 noon	
Years 3-6 IPSHA artistic gymnastics training	Saturday 27 July 1-5 pm	Gymnasium, Senior School
Music Camp	Sunday 28 July 10 am-3 pm	Junior School

SENIOR SCHOOL

Saturday sport	Saturday 22 June 2.10-3.25 pm	Click here for venues and times
Boarding Community Event	Saturday 22 June 6-9.30 pm	Victoria Hotel, Wagga Wagga
Symphonic Winds and ASBOF Band Competition	Sunday 23 June	UNSW
Celebration Concert	Monday 24 June 7-9 pm	PDCH
Netball NSW School Cup	Tuesday 25 June	
Women in Defence Breakfast	Tuesday 25 June 7-8.15 am	Dining Room
Year 12 Latin excursion	Tuesday 25 June 8.15 am-3.25 pm	
Year 9 Photo and Digital media incursion	Tuesday 25 June 8.20 am-3.25 pm	GCSG
Brave the Soundwaves Music prefect event	Tuesday 25 June 1.20-2.10 pm	PDCH
Year 11 Geography field trip	Wednesday 26 to Friday 28 June	Northern NSW
Lunchtime future talks: Sydney University	Wednesday 26 to 1.20-2.10 pm	U5
Middle School Knox collaboration	Thursday 27 8.45-10.45 am	Knox Grammar School
Years 10 and 11 Oxford University tour	Friday 28 June to Tuesday 16 July	Oxford, UK
Boarder travel day	Friday 28 June	
Year 12 Formal	Friday 28 June 6.30-11 pm	Jones Bay Wharf, Pyrmont
Boarder travel day	Monday 22 July From 3 pm	
Year 11 (2025) HSC subject selection evening	Monday 22 July 6.30-8.30 pm	U and X rooms
Science and Engineering Challenge Day	Tuesday 23 July 8.20-3.25 pm	Ravenswood
NSW All Schools Cross Country Championships	Wednesday 24 July 7 am-3 pm	Eastern Creek
Year 10 Mandatory History Sydney Jewish Museum excursion	Wednesday 24 July 8.20 am-3.25 pm	Sydney Jewish Museum
Boarding Expo	Friday 26 July	Tamworth
Abbotsleigh's 139th birthday assembly	Friday 26 July 11 am-12.30 pm	Assembly Hall, Senior School
Marion Clarke Society Black and Gold Lunch	Friday 26 July 12.30-3.30 pm	Dining Room
IGSA Sport Twilight 1	Friday 26 July 4.30-9 pm	SOPAC
SDN Debating	Friday 26 July 4.30-8.30 pm	