

The Shuttle



Time flies faster than a weaver's shuttle.

Braving the waves – Learning to grow through what you go through

Mrs Megan Krimmer
Headmistress

I am sure, like me, you have been glued to the television watching the sensational spectacle of the Olympics come alive. It has certainly been fantastic to be able to watch our Olympians as well as those from other countries reach for the sky as they strive for gold, silver or bronze. As in all Olympic Games, there have been spectacular triumphs and there have been crushing defeats and disappointments.

Our girls across the whole school have been inspired by so many courageous and tenacious Olympic heroes who have 'braved the waves' of competing at the pinnacle of all athletic competitions. They have appreciated the hours and hours of rigorous training, the phenomenal self-discipline and the incredible determination that these



athletes have given to their sport and to their country. The girls have been excited for those who have won, and they have learned much from the resilience of those who have been defeated.

This week in the Senior School, the girls in the SRC used the timing of the second half of the Olympics and the imminent commencement of the Paralympics to organise an inspirational assembly and events dedicated to Disability Awareness and Student Athlete Day.

Mrs Rennie has written an excellent article highlighting the crucial insights the girls learned from their outstanding guest speaker, Stephan Rochecouste, from Wheelchair Sports NSW/ACT. Stephan is certainly a man who has braved many waves. I commend Mrs Rennie's article to you below.

This week, our Year 9 and Year 11 Student Representative Councils (SRC) joined forces to host an inspiring series of events dedicated to Disability Awareness and Student Athlete Day. As the 2024 Olympics draw to a close and the Paralympics approach, it was a perfect opportunity to celebrate athletic achievements and emphasise the importance of inclusion.

In the spirit of the Games, the Year 11 SRC organised a bake sale and a variety of activities inbringing our school community together to honour the sporting prowess of our Abbotsleigh athletes. The proceeds from the bake sale were donated to Wheelchair Sports NSW/ACT, highlighting our commitment to supporting disabled athletes and nurturing the next generation.

The highlight of the week's events was most definitely the engaging assembly on Tuesday featuring two special guests, Brendon Talbott and Stephan Rochecouste, from Wheelchair Sports NSW/ACT. Megan Nguyen and Rebecca Yao's (Year 11) introduction, which highlighted the benefits of sport and the challenges faced by those with disabilities, was both superb and insightful, and set the tone for the eye-opening experience that guest speaker Stephan was about to give our girls. You can read their introduction below.

Stephan, who was born with spina bifida and has been an active member of Wheelchair Sports since 2020, shared his remarkable journey with the girls and staff. From his early days in hospital to representing Australia in wheelchair tennis and rugby, Stephan's



story is one of resilience and triumph. Despite facing setbacks such as missing the Rugby World Cup and the Rio Olympics due to health issues, Stephan's message was clear: "You grow through what you go through." His powerful words encouraged the girls to view challenges as opportunities for growth, emphasising the importance of character, empathy and support for others.

Following the assembly, many girls participated in a wheelchair basketball game during lunchtime. This hands-on experience allowed them to better understand the importance of inclusion and the realities faced by individuals with disabilities. It was not only an enjoyable activity, but also a valuable lesson in empathy and respect.

We extend our heartfelt thanks to Wheelchair Sports NSW/ACT for their support and for providing our students with this meaningful opportunity. The week's events reinforced the girls' commitment to inclusion and highlighted the strength and determination of all athletes, regardless of their physical abilities.

As we reflect on this week, let's remember Stephan's words and continue to embrace the challenges we face, supporting one another and growing through our experiences.

Mrs Victoria Rennie
Deputy Headmistress and Head of Senior School



Assembly introduction

Megan Nguyen and Rebecca Yao
Year 11

We all know the benefits of sports, whether it is stress relief, chasing the feeling of success or building strong bonds within teams and participation in sports from a young age can help develop healthy habits that last for a lifetime. However, not everyone has access to the same opportunities offered in Abbotsleigh, such as a wide range of different sports throughout the year. For people living with disabilities, sport is an extremely challenging barrier to overcome that we generally take for granted.

Around 20% of Australians live with disabilities and one in four of them don't play sport. There are many barriers that contribute to sport participation for athletes with disabilities. Only 25% of disabled people over 18 in Australia are active in a sport-related activity once a week, with more than 70% of people living with a disability who want to be active.

They face the typical barriers such as the lack of awareness from those without disabilities on how to include them in sport, the lack of opportunities for training and competition and accessible facilities causing physical barriers with limited resources.

Additionally, negative social attitudes are unfortunately common, which impacts their emotional and physical wellbeing causing social isolation and a decline in participation.



However, Wheelchair Sports NSW provides athletes and the community with the opportunities to take advantage of every sport available. They aim to change the lives of people with a disability through participation in sport and you too can help this cause by buying good from the bake sale and those funds will go entirely to this foundation.



Chaplain

Receiving the prize

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

This week, the Australian Olympic team made history by achieving our greatest-ever gold medal tally, with the silver and bronze medallists also doing an amazing job. Though only a smaller number will achieve it, how outstanding must it be to stand on that podium and receive that gold medal! We are in awe of their dedication, determination, focus, perseverance and skill to reach the final prize.

In his first letter to the Corinthians, the Apostle Paul uses the winning of the prize to represent our life faith journey. Corinth was the home of the Isthmian Games, second at the time in prestige to the ancient Olympics. Just as an athlete would train for that final prize, Paul was encouraging the Corinthian Christians to train their own lives by following the example of Jesus and his sacrifice

for us. The end prize isn't a gold medal or a pine crown like the Isthmian prize, the prize is eternal life with God, which all who turn to God in faith can receive.

This week in Senior Chapel, our guest speaker was Jim Dayhew from the Fellowship of Christian Athletes. FCA 360 Sports is an international group that seeks to encourage coaches and athletes in their Christian faith with core values of integrity, serving, teamwork and excellence.

1 Corinthians 9:24-27 (ERV)

You know that in a race all the runners run, but only one runner gets the prize. So run like that. Run to win! All who compete in the games use strict training. They do this so that they can win a prize – one that doesn't last. But our prize is one that will last forever. So I run like someone who has a goal. I fight like a boxer who is hitting something, not just the air. It is my own body I fight to make it do what I want. I do this so that I won't miss getting the prize myself after telling others about it.

Upcoming events

WHOLE SCHOOL

Young Curators (Abbotsleigh and Hornsby Girls High) with artist Oliver Watts	8 to 22 August	Grace Cossington Smith Gallery
Sports Lunch	Friday 16 August 12-4 pm	Doltone House Silent Auction now live!
APA meeting	Monday 19 August 7-9 pm	GLC

NSW State Interschool Snow Sports Championships	Monday 19 to Friday 23 August	Perisher Valley
Abbotsleigh Year 12 2024 Visual Arts	27 to 31 August	Grace Cossington Smith Gallery

JUNIOR SCHOOL

Year 2 sport training	Saturday 10 August 8-9.30 am	Junior School
IPSHA Saturday Sport	Saturday 10 August 8 am-12 noon	See Parent app for team sheets and venues
Years 3-6 IPSHA artistic gymnastics training	Saturday 10 August 1-5 pm	Gymnasium, Senior School
Science and Maths Week	Monday 12 to Friday 16 August	Junior School
Kindergarten Hot Shots Tennis	Monday 12 August 12-12.45 pm	JS Tennis Courts
Year 6 AFL and touch football training	Monday 12 August 3.20-4.30 pm	Junior School
Transition ACEE incursion	Tuesday 13 August 8.30-2.30 pm	ACEE
Years 3-6 athletics training	Tuesday 13 August 3.30-5 pm	Junior School
Act for Kids sessions for ELC, Transition and Year 1	Wednesday 14 August Various times	Classrooms
Year 2 Bike Education	Wednesday 14 August Various times	Junior School tennis courts
3G Combined Arts program at St Lucy's School	Wednesday 14 August 11.45 am-1.20 pm	St Lucy's School
Year 5 AFL and touch football training	Wednesday 14 August 3.20-4.30 pm	Junior School
NSW Interschool Girls Teams Chess Challenge	Thursday 15 August 9 am-3 pm	Burwood
3G Combined Arts program at St Lucy's School	Thursday 15 August 11.45 am-1.20 pm	St Lucy's School
Years 3 and 4 AFL and touch football training	Thursday 15 August 3.20-4.30 pm	Junior School
SDN Debating training	Friday 16 August 7.15-8.15 am	AbbSchool East and West Rooms
Year 6 Brain Camp	Friday 16 August Vaarious times	Science Room

SDN Debating vs Stella Maris	Friday 9 August 4.15-6.30 pm	Abbotsleigh
Year 2 sport training	Saturday 17 August 8-9.30 am	Junior School
IPSHA Saturday Sport	Saturday 17 August 8 am-12 noon	See Parent app for team sheets and venues
Years 3-6 IPSHA artistic gymnastics training	Saturday 17 August 1-5 pm	Gymnasium, Senior School
IPSHA Travelling Art Show	Monday 19 to Friday 23 August All day	
Year 1 Wahroonga Village excursion	Monday 19 August 11 am- 1 pm	Wahroonga Village
Kindergarten Hot Shots Tennis	Monday 19 August 12-12.45 pm	JS Tennis Courts
Year 6 AFL and touch football training	Monday 19 August 3.20-4.30 pm	Junior School
Transition and ELC to the ACEE	Tuesday 20 August 8.30-2.30 pm	ACEE
Luminescence 70th birthday concert rehearsal	Tuesday 20 August 10.50 am-12.50 pm	Judith Poole Sport Hall
Year 5 Bathurst camp	Wednesday 21 to Friday 23 August	Bathurst
Act for Kids sessions for ELC, Transition and Year 1	Wednesday 21 August Various times	Classrooms
Year 2 Bike Education	Wednesday 21 August Various times	JS Tennis Courts
30 Combined Arts Program	Wednesday 21 August 11.45 am-1.20 pm	St Lucy's School
Year 1 Cooking Program	Thursday 22 August 8.30-10.30 pm	Outdoor Kitchen
30 Combined Arts Program	Thursday 22 August 11.45 am-1.20 pm	St Lucy's School
Years 3 and 4 AFL and touch football training	Thursday 22 August 3.20-4.30 pm	Junior School
SDN Debating training	Friday 23 August 7.15-8.15 am	AbbSchool East and West Rooms
SDN Debating vs Monte Sant' Angelo	Friday 23 August 4.15-6.30 pm	Abbotsleigh
Year 2 sport training	Saturday 24 August 8-9.30 am	Junior School

IPSHA Saturday Sport	Saturday 24 August 8 am-12 noon	See Parent app for team sheets and venues
Years 3-6 IPSHA artistic gymnastics training	Saturday 24 August 1-5 pm	Gymnasium, Senior School

SENIOR SCHOOL

Saturday sport	Saturday 10 August	Click here for times and venues
Rugby 7s round 2	Saturday 10 August 1-4 pm	Pymble Ladies' College
Senior Drama Production Shakespeare in Love	Saturday 10 August 2-4.30 pm	Drama Studio
Senior Drama Production Shakespeare in Love	Saturday 10 August 7-9.30 pm	Drama Studio
Year 10 Paul Dillon Wellbeing incursion	Monday 12 August 9.40-10.55 am	Lecture Theatre, Forum
Year 11 Paul Dillon Wellbeing incursion	Monday 12 August 11.20 am-12.40 pm	Chapel
Years 8 and 9 PC Concert	Monday 12 August 12.45-1.15 pm	PDCH
Archdale Debating rescheduled debates	Tuesday 13 August 4-8 pm	
Year 11 WABIAD competition	Tuesday 13 August 8 am-6 pm	Archdale Library
Year 10 Mandatory Geography incursion	Wednesday 14 August 2.10-3.25 pm	
Year 9 Mandatory Geography excursion	Thursday 15 August 8.20 am-3.15 pm	Barangaroo
SS IGSA 800m and hurdles heats	Thursday 15 August 2.30-7 pm	SOPAC
AeroSchools (Sport Aerobics) State Championships	Friday 16 August 8.30-3.30 pm	
Univeresity of Arts, London speaker	Friday 16 August 1.20-2.10 pm	
Twilight Athletics	Friday 16 August 4-6 pm	SOPAC
IGSA Chess Competition Round 3	Friday 16 August 4-8 pm	
SDN Debating	Friday 16 August 4.30-8.30 pm	
Saturday sport	Saturday 17 August 4.30-8.30 pm	Venues and times to be advised
NAIDOC Celebration Week	Monday 19 to Friday 23 August	

Year 9 Elective Music Soirée	Monday 19 August 6.30-8 pm	PDCH
Archdale Debating tiebreakers	Tuesday 20 August 4-8 pm	
Year 10 WABIAD competition	Wednesday 21 August 8 am-6 pm	Archdale Library
Ancestors in the Archives: Family History Month seminar	Wednesday 21 August 1.30-2 pm	Library Seminar Rooms
Middle School Knox Collaboration	Wednesday 21 August 1.30-3.30 pm	Knox Grammar School
Year 12 Geography field trip	Wednesday 21 August 1.30-3.30 pm	Central Coast
IGSA track and field 800 m and hurdles heats	Thursday 22 August 3-6 pm	SOPAC
ABPA meeting	Thursday 22 August 7-8.30 pm	
Years 8 and 10 Father Daughter Breakfast	Friday 23 August 7 am-8.15 pm	Gymnasium
IGSA Track and Field Carnival	Friday 23 August 7 am-3 pm	SOPAC
IGSA Chess Competition Round 4	Friday 23 August 4-6 pm	
SDN Debating	Friday 23 August 4.30-8.30 pm	
Saturday sport	Saturday 24 August	Venues and times to be advised
Australian School Band and Orchestra Festival	Sunday 25 August All day	NSW Conservatorium of Music