

The Shuttle

Time flies faster than a weaver's shuttle.

Beeing Connected with our daughters: Positive parenting for wellbeing and success

Mrs Megan Krimmer
Headmistress

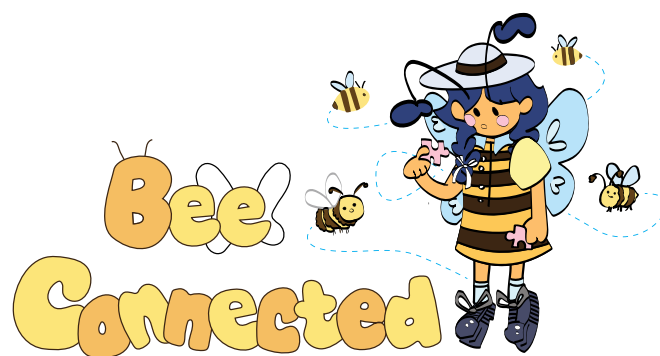
Being a parent in the 21st century is absolutely wonderful – there are so many fantastic things that we can do as a family that are so rewarding, and having a positive relationship with our children is such a joy. By the same token, being a parent in the 21st century is also very challenging, and navigating these challenges sometimes requires the 'wisdom of Solomon'!

Knowing that Abbotsleigh parents all want to be the best parents they can be, Mrs Liz Cannon, our Director of Wellbeing, delivered very wise advice at each of our parent information sessions at the beginning of the term. Mrs Cannon has kindly written a superb article summarising that advice for us; she also has included excellent resources, including webinars, to which all Abbotsleigh parents have access. I warmly commend Mrs Cannon's article and the resources that follow, to you.

Positive parenting for wellbeing and success

Mrs Liz Cannon
Director of Wellbeing

As parents we do all we can to protect our precious children. Every parent does their absolute best to care for and nurture their children; however, sometimes our best intentions can unintentionally hinder their wellbeing. Here are some parenting tips that will help your relationship with your daughter and enhance her wellbeing.



1. Building resilience

It is natural as a parent to want to smooth the path for your daughter by removing obstacles and setbacks. But think back to when she was learning to walk. She fell, got up and tried again. We encouraged and praised all attempts and bumps and bruises! That built resilience. If you constantly shield her from life's ups and downs, she won't develop the skills to navigate adversity. More importantly, constant rescuing can potentially lead to your daughter doubting her own abilities, which can weaken her confidence and self-esteem.

Help her to develop the skills to 'advance despite adversity' and to seek help if she is struggling with this.

2. Encouraging growth over perfection

As parents, we sometimes praise perfection, but we know that no one is perfect. When your daughter makes a mistake, respond with calmness and logical consequences rather than harsh criticism. This nurturing approach fosters accountability without fear. We know that physical discipline is not acceptable, but harsh words can also be deeply harmful. Warm, consistent parenting is the key.

3. Setting healthy, realistic expectations

Make sure that your academic expectations for your daughter are realistic. Your daughter needs to know she is loved for who she is, not just for what she achieves. Make sure you provide unconditional love. Excessive pressure can lead to anxiety and can even lower performance. If your daughter has not done as well as she and you had hoped, she already knows this – it doesn't help to keep reminding her of this or to criticise her. Instead, help her reflect and plan for improvement. Please also avoid comparisons to siblings or friends as this can damage self-worth. Most importantly, never withdraw love or attention over grades – this creates long-term emotional distress and anxiety.

4. Strengthening communication

Open conversations are essential to establish a strong parent/daughter relationship. If you feel you do not

have this, there is no better time than right now to establish better communication.

When your daughter is upset or disappointed, stay calm and try not to overreact. Let 'the glitter settle'. In an emotional moment, she needs to feel heard, not judged or 'fixed' and rescued. Listen, validate her feelings, and then help her problem-solve:

- *I can see this is upsetting/disappointing for you. That's a normal feeling. Let's look at what you can do next. Set up an action plan.*
- Reassure her: *There's nothing too big or bad that you can't talk to me about.* Your daughter must know and believe this.

5. Foundations of wellbeing

We can't always control situations, but we can control our responses. This starts with the pillars of health and wellbeing:

- **Sleep** – essential for mood, memory and concentration
- **Exercise** – physical activity boosts both mental and physical health
- **Social connections and activities** – relationships enrich life and build resilience
- **Being organised** – reduces stress and fosters confidence
- **Having fun** – joy is a vital part of wellbeing
- **Limiting screen time** – Encourage 'green time over screen time'. Parents, set these boundaries now if you haven't already
- **No phones or technology in bedrooms** – charge phones and laptops in the kitchen or another space overnight. If your daughter is on social media, please discuss the importance of kind and respectful relationships both on and offline. **No child under 13 years** should be on social media. This age limit will be increased to 16 years soon.

6. The power of family time and gratitude

One of the strongest protective factors for mental health and wellbeing is sitting down together as a family at the dinner table – as hard as this may be in our busy lives! Make dinner a time to reconnect – without phones. Make it a priority and start a tradition of dinner and sharing what you're grateful for. Practising gratitude and kindness has a profound impact on wellbeing and, when we as parents model this, it has an enormous impact on the wellbeing of our children and on our own wellbeing.

Please know we are here to support you on this wonderful and sometimes challenging parenting journey. Please reach out if you are concerned about your daughter or about a parenting issue. I would also commend to you the following excellent online wellbeing resources listed below that all our parents can access. Happy parenting!

Wellbeing parenting resources and webinars

Happy Families subscription for schools

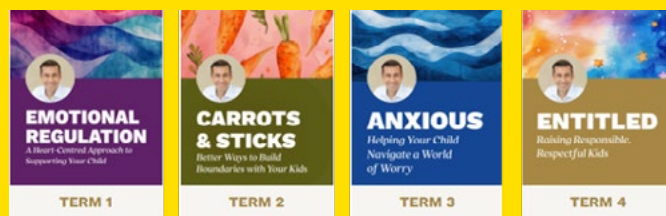
Abbotsleigh has subscribed our school community to the Happy Families Abbotsleigh site where Dr Justin Coulson has curated a huge range of parenting resources. All our parents may access this information and the Parent Webinars listed below at no cost,

All Abbotsleigh parents and staff can log on using this link and password.

Visit: <https://schools.happyfamilies.com.au/login/iga>

Password: happyiga

To view the first live webinar, Emotional Regulation, please log on to the site on Wednesday 12 March at 7 pm. The recorded webinar will be available for two weeks on the site. You do not need to register.



Term 1 – Wednesday 12 March at 7 pm

Emotional Regulation: A heart-centred approach to supporting your child

Term 2 – Wednesday 18 June

Carrots & Sticks: Better ways to build boundaries with your kids

Term 3 – Wednesday 20 August

Anxious: Helping your child navigate a world of worry

Term 4 – Wednesday 5 November

Entitled: Raising responsible, respectful kids

SchoolTV program subscription



Abbotsleigh has also subscribed to the incredible wellbeing resource so that parents can access up to date information, research and strategies to support them in looking after the wellbeing of their girls. Dr Michael Carr Gregg is the founder of this great initiative. All parents can access SchoolTV via the AbbNet Parent Portal [Home Page SchoolTV | Abbotsleigh](#)

I encourage you to visit the site.

Chaplain

Celebration of rest

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

Celebrating 140 years of Abbotsleigh, Senior chapels have focused on biblical celebrations. Recently, Mr James Flood highlighted the Sabbath, a weekly observance given to the ancient Hebrew people to reflect God's rest after creation. This day of rest set them apart from Egypt where they had been slaves and endured forced labour. The rest also was extended to animals, those outside their religious beliefs and their servants (Deuteronomy 5). Modern society mainly operates 24/7, though for many generations a day of rest was evident until probably the 1980s. As Jesus has fulfilled the Old Testament law, Christians are not 'bound' to these Old Testament laws in the same way, but there is wisdom in the rest that God has given. Jesus often took time to rest and spoke of the rest we can find in him. It's counter-cultural, but celebrating the rest we have in God renews our spirit, strengthens our faith and reminds us of his provision and peace. May we embrace this divine gift and find true rest in him.

Matthew 11:28

Jesus said, Come to me, all you who are weary and burdened, and I will give you rest.

Deuteronomy 5:12-15

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath day.

Upcoming events

WHOLE SCHOOL

Good of the Hive art installation	until end March	Senior School campus
ART NORTH HSC 2024 Visual Arts from schools in Hornsby and Ku-ring-gai	Saturday 1 to Saturday 22 March	Grace Cossington Smith Gallery
Free parent webinar with Justin Coulson : Emotional regulation	Wednesday 12 March (Term 1) See details in Mrs Liz Cannon's article	Webinar
Free parent webinar with Justin Coulson : Building boundaries with your children (save the date)	Wednesday 18 June (Term 2) Details will be emailed	Webinar

Free parent webinar with Justin Coulson : Navigating anxiety (save the date)	Wednesday 20 August (Term 3) Details will be emailed	Webinar
Free parent webinar with Justin Coulson : Raising responsible, respectful children (save the date)	Wednesday 5 November (Term 4) Details will be emailed	Webinar
SchoolTV program – student wellbeing resources	Available to all parents on the Parent Portal	Click here to watch

JUNIOR SCHOOL

NO IPSHA Saturday Sport	Saturday 29 February	
Year 5 Parent Morning Tea	Monday 3 March 8-9.30 pm	JS Library Plaza
IPSHA Swimming and Diving Carnival	Tuesday 4 March 8 am-3 pm	SOPAC
Year 2 incursion	Tuesday 4 March 10.40 am-12.45 pm	SS Chapel and Archives
K-2 Literacy and Numeracy Parent Session (evening option)	Tuesday 4 March 7-8 pm	JS Auditorium
K-6 Cross Country Carnival	Thursday 6 March 10.50 am-2 pm	JS and SS campuses
Year 2 Parent Morning Tea	Friday 7 March 8-9.30 am	JS Library Plaza
K-2 Literacy and Numeracy Parent Session (morning option)	Friday 7 March 9.30-10.30 am	JS Auditorium
IPSHA Saturday Sport	Saturday 8 March	Various locations – see team sheets
Year 6 Parents Morning Tea	Monday 10 March 8-9.30 am	JS Library Plaza
Year 5 Cyber Safety with Brainstorm Productions	Monday 10 March 2-3 pm	Everett Hall
ELC and Transition ACEE incursion	Tuesday 11 March 8.30 am-2.30 pm	Abbotsleigh Centre for Environmental Education
K-12 Snowsports Parent Information Evening	Tuesday 11 March 7-8 pm	Junior School Auditorium
Year 6 Adobe Bootcamp	Thursday 13 March 2-3 pm	Junior School Auditorium

SENIOR SCHOOL

Saturday sport	Saturday 29 February	Click here for times and venues
Year 11 Agriculture excursion	Monday 3 March 7.30 am-2 pm	Leppington Pastoral Company
Senior Drama Production rehearsal	Monday 3 March 3.30-7 pm	Drama Studio
Hyung Suk Bae Cello Masterclass	Tuesday 4 March 2.15-4.30 pm	PDCH

Senior Drama Production rehearsal	Tuesday 4 March 3.30-7 pm	Drama Studio
Year 9 Drama excursion 'Picnic at Hanging Rock'	Wednesday 5 March 11 am-3.30 pm	Sydney Theatre Company
OzClo National Competition	Wednesday 5 March 2-4.30 pm	Senior School
Senior Drama Production rehearsal	Wednesday 5 March 3.30-7 pm	Drama Studio
IGSA invitational Swimming Carnival	Wednesday 5 March 4-6 pm	Pymble Ladies' College
Years 11 and 12 EES excursion	Thursday 6 March 8.15 am-3.15 pm	Australian Museum
China Cultural Study Tour meeting	Thursday 6 March 6-7.30 pm	
FIRST Robotics Southern Cross Regionals	Friday 7 to Sunday 9 March	Penrith Valley Regional Sports Centre
International Women's Day Breakfast	Friday 7 March 7-8.15 am	Dining Hall
TEDxYouth@Abbotsleigh	Friday 7 March 7.30 am-1.30 pm	PDCH and PDCH Foyer
Year 12 Modern History Ken Webb lecture	Friday 7 March 8.30-11 am	Senior School
ISDA Debating Round 4 vs St Aloysius'	Friday 7 March 4-9 pm	Away
Saturday sport	Saturday 8 March	Times and venues TBA
Year 7 DigiEd Claymation incursion	Monday 10 March 9 am-3 pm	Senior School
Year 11 Car Maintenance Program	Monday 10 March 8.20 am-3.25 pm	Senior School
Year 11 Study Skills session	Monday 10 March 2-3.25 pm	Senior School
Year 7 DigiEd Claymation incursion	Tuesday 11 March 9 am-3 pm	Senior School
Year 9 Inquisitive Minds incursion	Tuesday 11 March 9.30 am-3.30 pm	Senior School
Year 10 Canberra excursion	Tuesday 11 to Thursday 13 March	Canberra, ACT
Year 11 RYDA excursion	Tuesday 11 March 8.25 am-3.20 pm	Honda Australia Roadcraft Training Centre, St Ives
Year 11 Urban Challenge	Wednesday 12 to Friday 14 March	Sydney, various locations
UN Youth NSW State Conference	Friday 14 to Sunday 16 March	Collaroy Centre
IGSA Swimming and Diving Carnival (Year 8 to attend)	Friday 14 March 8 am-3.30 pm	SOPAC
Year 10 All My Own Work incursion	Friday 14 March 8.20 am-1.15 pm	Senior School