

The Shuttle

Time flies faster than a weaver's shuttle.

'Bee Connected' in teaching our girls to be resilient

Mrs Megan Krimmer
Headmistress

'It's cold and wet – I don't want to go to ...'

'I don't know anyone there – I don't want to go ...'

'I don't want to go to camp – it's cold and we have to sleep in tents ...'

'I did really badly in my test – my future is over ...'

'I wasn't picked for the team – it is SO UNFAIR!'

As parents, I am sure we are used to hearing exclamations that may not be exactly the same as those above – but perhaps close to it. And, as parents, our natural reaction is to want to smooth things over, to take the pain away somehow. Yet, deep down, we know that really, that is the worst thing we can do.

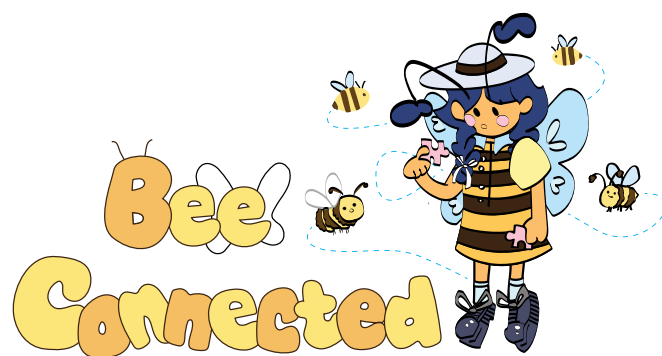
As Michael Carr-Gregg stated in his bluntly entitled article, 'Adulthood is chock-full of disappointment. Our kids need to face the truth':

'... in my decades of working with young people, I have witnessed a growing reluctance – among parents and society at large – to allow children to experience and learn from disappointment. Instead, we rush to shield them, to smooth the path, and to rescue them at the first sign of distress. In doing so, we rob them of one of life's most important teachers.

Disappointment, far from being an enemy, is a practice lap for adulthood – a necessary training ground where young people develop the resilience, perspective and coping skills that will serve them throughout their lives.

When we allow young people to encounter disappointment, we give them the opportunity to process and label emotions. This emotional literacy is a cornerstone of mental health.

Each setback, when navigated with support rather than avoidance, becomes a stepping stone towards greater resilience. The ability to bounce back from



disappointment is a skill that will be called upon repeatedly in adult life.'

[\(Disappointment holds vital lessons for children](#) Michael Carr-Gregg SMH 31.5.2025)

This does not mean, of course, that we should all go out and start looking for ways to disappoint our children; it does mean though, that we should be very reticent to immediately wade in and try to rescue our daughters from disappointments, or to help them avoid something that might feel a little uncomfortable.

The research is unequivocal about the importance of all children learning the skill of resilience; and it is a skill that can be learned. Resilience needs to be taught explicitly and implicitly by our girls' role models – especially parents and teachers. A number of our programs here at Abbotsleigh are designed to do exactly this. In fact, in the Senior School, we have just launched The Resilience Project (TRP). This well-researched program is an evidence-based wellbeing program designed to help young people to build resilience and improve their mental health and wellbeing through practical everyday strategies. Our Senior School girls from Years 7-12 are engaging in the program through their tutor groups and through year group activities. The program will be extended into the Junior School in 2026.

Monash University conducted an academic analysis of The Resilience Project school program, which is Australia's largest and one of its longest-running education mental health initiatives. Monash researchers have found clear benefits to the mental health and wellbeing of its young participants especially over a six-year immersion with TRP. (SMH May 2025).

Another important program that fosters wellbeing and resilience in our girls is our K-12 Outdoor Education/Challenge Week programs, where girls develop further friendships in their year groups and are often challenged to move beyond their comfort zones (in a way that is not too challenging, but still challenging enough). The exhilaration and exuberance shown when the girls push through or overcome these challenges is just fantastic.

The inspirational stories of others can also help to foster resilience in our girls. One article (of many) that hit my inbox this week was about celebrated gymnast, Simone Biles. After the Tokyo Olympics, she might have been forever known as 'the gymnast who gave up', as she withdrew from the competition, seemingly inexplicably.



This, though, is only a very small part of the story. Yes – she withdrew; but this was due to experiencing what is known as ‘the twisties’ – a mid-air experience where she lost all sense of spatial awareness, a condition that could have led to catastrophic injuries had she not withdrawn. Those observing her were unlikely to have understood that. For many athletes, the decision to pull out of the Olympics could have been career ending. How do you come back from withdrawing from the Olympics; the accusations of letting your team down. You can only imagine the social media ‘pile on’ that she experienced.

Instead of this breaking her, Simone, demonstrating phenomenal determination, mental toughness and resilience, took the time to understand what was going on, and she took the time and advice to heal, both physically and mentally.

The result was extraordinary. Bouncing back from the horror of Tokyo, she then mounted a comeback in the 2023 World Championships where she won five medals (four gold and a bronze) and at the 2024 Paris Olympics where she won four medals (three gold and a silver).

The Olympics are, of course, the pinnacle of world sport; most of our girls will not make it to the Olympics. Many though, will do extremely well in their chosen fields; yet the process of ‘getting there will rarely be plain sailing. Our girls will not always be happy with their marks and grades, or with their performances in other areas; they may be injured or succumb to illness; or they may have just had a bad day. In all of this it is imperative that we help our girls, your daughters, navigate the ‘stormy seas’, or as the 2024 Prefects encouraged us – ‘brave the waves.’

As I stated above – our natural reaction is to want to protest; to make things better; to rescue; but, unless an injustice has been done, please don’t, and please try to avoid tying your emotions to those of your daughters. This is something that is so easy to do when they are hurting,

but it is so damaging in so many ways. When facing an issue, as Michael Carr-Gregg states:

‘First, resist the urge to immediately fix the problem. Step back and allow your child time to process their feelings and find the words to express them.

Next, help them assess the situation objectively. A reality check gets them to evaluate whether it is really as bad as it seems.

Importantly, don’t let disappointment fester into resentment or anxiety. Encourage constructive reflection rather than rumination.

Finally, do talk about it when they are ready, as encouraging expression can help young people process disappointment in a healthy way. Young people work much better as processing plants for emotions than sterile containers.’

Returning to Simone Biles, in staging her comeback, Simone had the best team behind her – the best medical professionals, the best coaches and the best family. So do your daughters. Ultimately, it was Simone who needed to stage the comeback, and she did so with massive support. Your daughters, too, can bounce back from disappointments with support; support from you and support from their teachers (not rescue).

That being said, if something is going on for a long time, or you and your daughter need our support to help her deal with things that are difficult or disappointments that are just too big, please do not hesitate to contact us – it is important that we all work together for the benefit of all of our girls.

It has often been said, and it is something to which we can attest, that it takes the ‘wisdom of Solomon’ to be a parent in the 21st century. Every parent I know is doing the very best that they possibly can – and it’s great that we can support one another in the most important, challenging and rewarding journey in the world – the journey (job) of raising children.



Chaplain

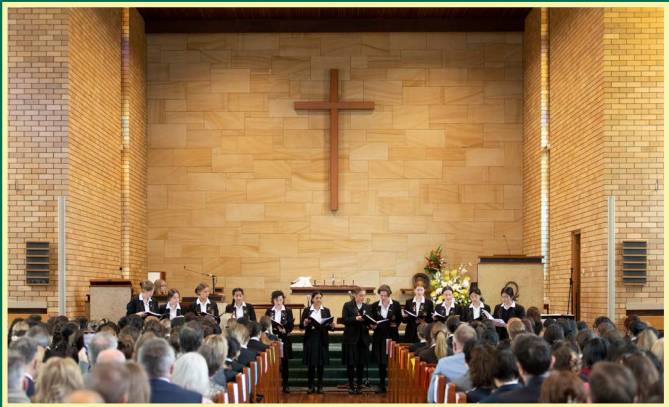
Reconciliation and bee...ing connected

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

There are many things that divide and separate us from each other. These divisions can cause deep pain, leading to lasting trauma and hurt. Throughout history and across generations, such harm has occurred and continues to occur between peoples. In Australia, this deep grief and trauma have been profoundly experienced by Indigenous Australians, who have been removed from their families and land, excluded from society and treated unjustly through colonialism and government policies, acknowledging that this also included institutional churches.

The Bible speaks of humanity’s separation from God – a result of our human condition and the choices we make that turns us away from a good and loving Creator. Yet, in His love and mercy, God reaches out to reconcile with us by sending Jesus. Through Jesus’ death and resurrection, the barrier of separation is overcome. This act of grace becomes the bridge back to a relationship with God.

The Apostle Paul teaches that those who follow Jesus and place their faith in him are entrusted with this message and ministry of reconciliation. This calling is not only to share the good news of God’s forgiveness, but also to actively work towards peace and healing in our relationships and communities.



Ephesians 2:14-16

¹⁴ For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility. By giving his own body, ¹⁵ Christ ended the law with its many commands and rules. His purpose was to make the two groups become one in him. By doing this he would make peace ¹⁶ and in one body, reconcile both of them to God through the cross, by which he put to death their hostility.

2 Corinthians 5:18-19

¹⁸ All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹ that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation.

Upcoming events

WHOLE SCHOOL

Ku-ring-gai Local Artists exhibition	Thursday 22 May to Wednesday 11 June	Grace Cossington Smith Gallery
King's Birthday public holiday	Monday 9 June	
GLOW Festival	Monday 16 June	Senior School campus

Online registration is now open for Year 7 2027 scholarships for girls currently in Year 5		Click here to apply
SchoolTV program – student wellbeing resouces	Available to all parents on the Parent Portal	Click here to watch

JUNIOR SCHOOL

No IPSHA Saturday sport (Long weekend)	Saturday 7 June	
King's Birthday public holiday	Monday 9 June	
5G nursing home visit	Tuesday 10 June 11 am-2 pm	
10 UR STRONG friendology session	Wednesday 11 June 1.40-2 pm	
5D nursing home visit	Wednesday 11 June 11 am-2 pm	
CIS Cross Country Carnival	Wednesday 11 June 7.30 am-3.30 pm	Sydney International Equestrian Centre, Horsley Park
Year 4 Maritime Museum excursion	Thursday 12 June 8.30 am-3 pm	Australian National Maritime Museum, Darling Harbour
1G UR STRONG friendology session	Friday 13 June 1.40-2 pm	
Competition chess	Friday 13 June 3-4.30 pm	
JS Production Rehearsal	Friday 13 June 3.30-5.30 pm	Everett Hall
ISDA Debating grand final	Friday 13 June 4-9 pm	
IPSHA Saturday sport	Saturday 14 June 8 am-12 noon	See team sheets for times and venues
JS Production dres rehearsal and photographs	Saturday 14 June 2-5 pm	Everett Hall
Year 5 Micro:bit market	Monday 16 June 8.30-10.30 am	Bundarra Court
5D nursing home visit	Tuesday 17 June 11 am-2 pm	
JS Production matinée performance	Wednesday 18 June 12.50-1.50 pm	Everett Hall
10 UR STRONG friendology session	Wednesday 18 June 1.40-2 pm	
JS Production evening performance 1	Thursday 19 June 7-8 pm	Everett Hall
Infants Athletics Carnival	Friday 20 June 9.40 am-2.30 pm	Junior School
1 UR STRONG friendology session	Friday 20 June 1.40-2 pm	
Competition chess	Friday 20 June 3-4.30 pm	
JS Production evening performance 2	Friday 20 June 7-8 pm	Everett Hall

SENIOR SCHOOL

No Saturday sport (Long weekend)		
King's Birthday public holiday	Monday 9 June	
Year 9 Mandatory Geography field trip	Tuesday 10 June 11 am-2 pm	
IGSA Archdale Debating vs SCEGGS	Tuesday 10 June 3.30-8 pm	
Senior Drama Production rehearsal	Tuesday 10 June 3.30-6.30 pm	Drama Studio
CIS Cross Country Carnival	Wednesday 11 June 7.30 am-3.30 pm	Sydney International Equestrian Centre, Horsley Park
Senior Drama Production matinée performance	Wednesday 11 June	Drama Studio
Year 12 Study Skills session	Wednesday 11 June 12.30-1.30 pm	PDCH
Lunchtime Futures: Notre Dame University	Wednesday 11 June 1.20-2.10 pm	Careers Office (U5)
Year 10 Parent Teacher interviews	Wednesday 11 June 3.30-8.30 pm	Via Zoom
Year 10 Elective Geography field trip	Thursday 12 June 8 am-4 pm	Sydney Harbour
Year 9 Stand Tall seminar (selected students)	Thursday 12 June 8.20 am-3.30 pm	International Convention Centre. Darling Harbour
USB Cadetship information session	Thursday 12 June 1.15-2.10 pm	Careers Office (U5)
Years 7-8 Visual Arts Studio A Day	Thursday 12 June 1.15-3.30 pm	Visual Arts building
Senior Production opening night	Thursday 12 June 7-9 pm	Drama Studio
Years 11 and 12 Chemistry: RACI Titration Competition	Friday 13 June 7.45 am-2.30 pm	University of Technology, Sydney
Year 12 Prefect 'Bee Connected' Festival	Friday 13 June 12.45-2 pm	Top Oval
ISDA Debating grand final	Friday 13 June 4-9 pm	
Senior Production performance	Friday 13 June 7-9 pm	Drama Studio
Senior Production performance	Saturday 14 June 7-9 pm	Drama Studio
Year 7 Geography fieldtrip	Tuesday 17 June 8.20 am-3.25 pm	Bondi
Year 10 Lipman NEXGEN workshop	Tuesday 17 June 8.20-9.35 am	iHub
Year 8 Lipman NEXGEN workshop	Tuesday 17 June 9.45-11 am	
IGSA Archdale Debating vs Wenona	Tuesday 17 June 3.30-8 pm	Away
Term 2 sports photographs	Wednesday 18 June 12.45-2.05 pm	Judith Poole Sports Hall, Court 1
Years 7 and 8 Knox/Abbotsleigh collaboration	Wednesday 18 June 1.15-3.25 pm	Abbotsleigh
Year 9 Schubertiade (Elective Music students)	Wednesday 18 June 1.20-2.05 pm	PDCH

Lunchtime Futures: ICMS	Wednesday 18 June 1.20-2.10 pm	Careers Office (U5)
Talented Maths Day (Year 10 Maths 1 and 2 students)	Thursday 19 June 8.20 am-3.30 pm	Barker College
Year 8 Latin excursion	Thursday 19 June 8.20 am-3.25 pm	
Year 9 Elective Geography fieldtrip	Thursday 19 June 8.20 am-3.25 pm	Hawkesbury River, Brooklyn
Year 8 Chinese, French and German incursion	Thursday 19 June 8.20 am-12.45 pm	
Year 8 Musical incursion	Friday 20 June 2.10-3.25 pm	PDCH