

# The Shuttle

Time flies faster than a weaver's shuttle.

## 'Bee Connected' – Ask 'R U OK?' Any Day

Mrs Megan Krimmer  
Headmistress

Yesterday was R U OK? Day, a day we always acknowledge at Abbotsleigh because asking the question 'R U OK?' is so important. This year's theme is R U OK? Any Day – we don't have to wait until 11 September to ask; instead, we should ask any time we feel our friends, members of our families or work colleagues may be struggling.

It is as our Head and Vice Head Prefects said in Senior School Assembly this week:

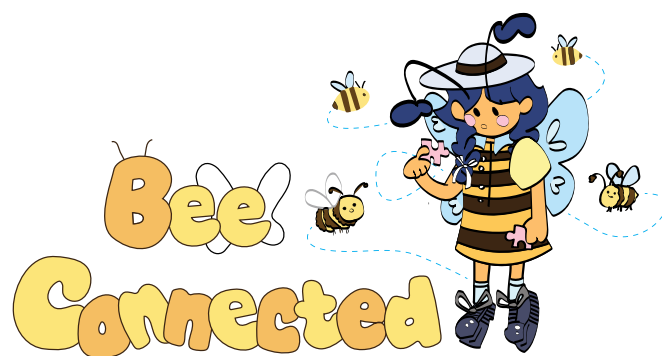
**Jazarah Tambyrajah:** R U OK? Day is a day dedicated to reminding people about the power a conversation can hold. A conversation that can be started by simply asking the question, 'R U OK?' The theme is R U OK? Any Day.

**Davina Chan:** The purpose of R U OK? Day is to remind us to have compassion for those people around us and to start a conversation that might change a life. It isn't for us to jokingly ask our friends if they are okay, but to genuinely show them empathy and compassion by spending time with them, no matter how big or small their problem might be.

**Reanne Alwis:** R U OK? Day shouldn't just be one day of the year but something we should be thinking about daily. If we ever see someone who might need hope or a connection in their lives, we should be the ones to step out and say something, listen to what they have to say and help them in any way we can.

**Annie O'Hara:** Simply asking people if they are okay can form connections, something we strive for here at Abbotsleigh! Whether that involves walking with a friend in need to a teacher or counsellor, or just listening to them, it starts with the simple question, 'R U OK?' and a real interest.

**Nell Owens:** So, if you are worried about a friend, please check on them. Ask them if they are okay, listen and don't judge. Encourage them to get help if they need it. And please talk to a trusted adult if you are worried about a



friend. You can 'bee connected' to one another simply by caring.



Our Director of Wellbeing and Counselling, Mrs Liz Cannon, has written a superb article about R U OK? Day and wellbeing. I strongly urge all parents to read the important information Mrs Cannon has included, as we all work together for the benefit of your daughters.



## Wellbeing matters

### R U OK? Day – 11 September 2025

Looking after the wellbeing of our girls is of paramount importance to us at Abbotsleigh. We aim to work with parents to ensure we monitor and care for the girls in all aspects of their wellbeing, and if we have any concerns, we talk with girls and parents to make sure the girls are supported. We also encourage girls to talk with us and for parents to contact us, should they have any concerns about their daughters.



At Abbotsleigh, we recognise and support R U OK? Day – a National Day of Action to encourage conversations with friends and family who may be struggling. Our girls are very good at looking out for each other and this day helps remind them to check in with their friends; to ask if they are okay, to listen, not judge, encourage action if this is needed and then to check in again.

**Remember, a conversation can make such a difference.**

This year's message – *Ask, R U OK? Any Day* can change a life and remind us that you don't need to be an expert to reach out – just a good friend and a great listener. You can use these four steps to start a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in.



This week, our Prefects presented on R U OK? Day in Senior School Assembly. They spoke about the importance of asking 'R U OK?' and of seeking help if needed. There was a great emphasis on proactive ways to improve mental health and wellbeing.

Also, this week, the Junior School and the Senior School staff were treated to a Wellbeing R U OK? Day message with a coffee cart at school.

Please visit the R U OK? [website](#) for more information and resources.

The girls have also been given information about [how to start the R U OK? conversation](#) and who they can talk to, both at school and out of school, if they are concerned for their wellbeing or for the wellbeing of a friend.

We have also reminded the girls about helpful online support where they can access information about looking after their mental health, as well as excellent online places to seek help. These organisations include [Kids Helpline](#) (phone: 1800 551 800), [Headspace](#), [Reachout](#) and [Beyond Blue Youth](#).

Parents, please remind your daughter that if she is worried about the mental health or safety of a friend or their own mental health and safety, to speak to an adult who can assist them and, if necessary, seek further support.

We know that parents also need to be equipped with information about wellbeing and mental health, the signs that there may be a problem, how to talk to their daughter about her wellbeing and how and where to seek support.

I would encourage all parents to check in with their daughter to see how she is managing and feeling. This may be as simple as using the quick 1-5 check in scale – 1 being 'not great' and 5 being 'fabulous'. Parents can start the conversation from there if they are concerned about their child's wellbeing and can seek support if needed. Sometimes talking can be difficult, so this article on How to [Have a Great Conversation](#) may help parents get started.

Should you ever be concerned about the immediate safety and mental health of your daughter, please contact medical support, as you would with a physical emergency.

## Other useful resources:

**NSW Mental Health Line** (phone: 1800 011 511) is a state-wide 24-hour mental health telephone access service. Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

**Parentline** (phone: 1300 130 052) is a free telephone counselling and support service for parents and carers with children aged 0-18 who live in NSW.

**Lifeline** (phone 13 11 14) is a 24-hour telephone counselling service. The website has online information and referral services.

**ReachOut Parents** provides information, tools and resources to help parents and carers support the 12-18-year-olds in their family environment.

**Black Dog Institute** provides mental health resources and support tools.

**SchoolTV** – Accessible through the Parent Portal

Parents are always welcome to contact me or our counselling and wellbeing staff if they have any concerns regarding their daughter's wellbeing.

Mrs Liz Cannon

Director of Wellbeing and Counselling

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# Chaplain

## Head, Heart and Hands

Rev Sarah Hobba  
Senior Chaplain and Head of Christian Studies

Our 2024-2025 Vice Head Prefect – Service, Davina Chan, reminded us at assembly this week of the importance of aligning our actions (Hands) with our compassion and empathy (Heart) and our understanding (Head). Jesus sets a very profound example of humble service when he washes his disciples' feet. It was not beneath his dignity to wash their feet and in turn, the disciples should not consider it beneath their dignity to do the same. By extension, for those who follow Jesus, this moment is a call to serve others with humility. It precedes his ultimate act of love on the cross (Hands/Action), where his knowledge of God (Head) and love for humanity (Heart) come together in perfect unity. May we be inspired to serve others in humility – Head, Heart and Hands – bringing light and hope where it is needed.

### John 13: 3-5, 14-17

<sup>3</sup> Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; <sup>4</sup> so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. <sup>5</sup> After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

... <sup>14</sup> Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.

<sup>15</sup> I have set you an example that you should do as I have done for you. <sup>16</sup> Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. <sup>17</sup> Now that you know these things, you will be blessed if you do them.



# Upcoming events

## WHOLE SCHOOL

<b>Place of Anchors exhibition</b>	Friday 5 to Saturday 27 September	Grace Cossington Smith Gallery
<b>SchoolTV program – student wellbeing resources</b>	Available to all parents on the Parent Portal	<a href="#">Click here</a> to watch
<b>Last day of Term 3</b>	Thursday 25 September	
<b>Boarder travel day</b>	Friday 26 September	

## JUNIOR SCHOOL

<b>AbbSchool Drama recital</b>	Monday 15 September 6.30-8 pm	
<b>ELC Photo Days</b>	Tuesday 16 to Friday 19 September	Early Learning Centre
<b>30 St Lucy's visit</b>	Tuesday 16 September 9.10-10.45 am	St Lucy's School, Wahroonga
<b>30 St Lucy's visit</b>	Thursday 18 September 9.10-11.20 am	St Lucy's School, Wahroonga
<b>Infants Concert rehearsal</b>	Thursday 18 September 10.50 am-12.30 pm	PDCH, Senior School
<b>Year 4 stop motion incursion</b>	Friday 19 September 8.30 am-12.45 pm	Year 4 classrooms
<b>Infants Music Concert</b>	Friday 19 September 6.30-7.30 pm	PDCH, Senior School
<b>30 St Lucy's visit</b>	Tuesday 23 September 9.10-10.45 am	St Lucy's School, Wahroonga
<b>ELC Special Friend Day</b>	Tuesday 23 September 10-11 am	ELC
<b>30 St Lucy's visit</b>	Thursday 18 September 9.10-11.20 am	St Lucy's School, Wahroonga

## SENIOR SCHOOL

<b>Saturday sport</b>	Saturday 13 and Saturday 20 September	<a href="#">Click here</a> for times and venues
<b>Year 11 rock bands perform at the Barker Spring Fair</b>	Saturday 13 September	Barker College
<b>Years 11 and 12 Explore Science Extension conference</b>	Monday 15 September 9 am-3.15 pm	Macquarie University
<b>Sports photos</b>	Monday 15 September 12.45-2.10 pm	Sports Hall





<b>Year 12 and staff music concert</b>	Monday 15 September 1.15-2.10 pm	PDCH
<b>Year 10 Mandatory Geography fieldtrip</b>	Tuesday 16 September	Long Reef
<b>Year 12 and staff football</b>	Tuesday 16 September 1.15-2.10 pm	Top Oval
<b>Abb-Lib Grand Final</b>	Tuesday 16 September 7-8.30 pm	PDCH
<b>Year 10 Languages excursion</b>	Wednesday 17 September	
<b>Year 12 and staff netball</b>	Wednesday 17 September 1.15-2.10 pm	Sports Hall
<b>Senior School musical auditions</b>	Thursday 18 September 3.30-5 pm	Music classrooms
<b>Prefect 2024-2025 Celebration Dinner</b>	Thursday 18 September 5.30-7 pm	Dining Room
<b>Year 7 Taronga Zoo excursion</b>	Friday 19 September	Taronga Zoo
<b>Year 12 2026 Leadership Induction assembly</b>	Friday 19 September 9.30-10.30 am	Assembly Hall
<b>Year 12 visit to Junior School</b>	Friday 19 September 1-3 pm	Junior School
<b>Senior School musical auditions</b>	Friday 19 September 3.30-5 pm	Music classrooms
<b>SDN Debating Grand Final</b>	Friday 19 September 4-8 pm	
<b>Year 12 Tutor Breakfast</b>	Monday 22 September 7.15-9 am	Year 12 Common Room
<b>Year 12 vs Staff handball competition</b>	Monday 22 September 1.15-2 pm	Chapel Walk
<b>Boarders farewell to Year 12</b>	Monday 22 September 6-9 pm	Dining Room
<b>CIS Athletics Championships</b>	Tuesday 23 September	SOPAC
<b>Year 12 Crufts @ Abbotsleigh</b>	Tuesday 23 September 8.20-9.40 am	Top Oval
<b>Year 12 picnic excursion</b>	Tuesday 23 September 9.45 am-3 pm	Balmoral Beach
<b>Year 11 Aboriginal Studies excursion</b>	Tuesday 23 September 1-4 pm	Art Gallery of NSW
<b>Year 12 Wheeldon House Dinner</b>	Tuesday 23 September 6-8 pm	Wheeldon House
<b>Year 12 Valedictory Chapel</b>	Wednesday 24 September 8.30-9.30 am	Senior School Chapel
<b>Year 12 Valedictory Assembly</b>	Wednesday 24 September 9.45-10.45 am	Assembly Hall
<b>Year 12 Valedictory Morning Tea</b>	Wednesday 24 September 10.45 am-12 noon	Marian Clarke Plaza
<b>Year 12 Valedictory Dinner</b>	Wednesday 24 September 7-11 pm	Miramare Gardens, Terrey Hills
<b>Year 11 VA/DT Ideation Day</b>	Thursday 25 September	iHub

