

The Shuttle

Time flies faster than a weaver's shuttle.

'Journey With Joy' as Abbotsleigh launches our Parent Wellbeing Hive

Mrs Megan Krimmer
Headmistress

'Students learn well when they are well'

'Students learn well when their parents are involved in their school and education – it's a three-way partnership'

The above statements are substantiated not only by anecdotal evidence but by a huge amount of educational and psychological research undertaken over many years – think Dr Judith Locke, Dr Michael Carr-Gregg and Professor Emeritus Michael Fullan, to name but a few.

As such, it is with absolute pride and delight that we launch our Abbotsleigh Parent Wellbeing Hive. This 'hive' is alive with incredibly useful articles, videos, webinars and podcasts to help you as you navigate the precious years of your daughter's educational journey at Abbotsleigh.

I am incredibly grateful to Mrs Liz Cannon, our Director of Wellbeing and Counselling, for the exceptional work she has done in creating the Abbotsleigh Parent Wellbeing Hive, from which we will all benefit. I am also very grateful to our IT Department, Mrs Jenni Beaumont-Hunt, Mrs Liv Taylor and to so many others who have assisted Mrs Cannon in making this wonderful resource possible.

I warmly commend to you Mrs Cannon's excellent article.



Wellbeing for learning and for life: 'Journey With Joy'

Mrs Liz Cannon
Director of Wellbeing and Counselling

At Abbotsleigh, we believe that wellbeing is the foundation for both learning and life. As such, it is with great pleasure that we have launched Abbotsleigh's Parent Wellbeing Hive – a 'hive' full of helpful resources for parents to use and refer to as we all work together for the benefit of your daughters.

When young people feel safe, connected and emotionally supported, their brains are more open to learning. They are more likely to take academic risks, persevere through challenge, build healthy friendships and develop the confidence to navigate setbacks. Wellbeing is not about being happy all the time. It is about having the skills to manage stress, regulate emotions, maintain perspective and recover when things feel hard.

Research consistently shows that girls learn best when they feel connected: to their peers, teachers and families. Strong relationships enhance motivation. Emotional literacy strengthens problem-

solving, resilience builds perseverance and wellbeing accelerates academic growth.

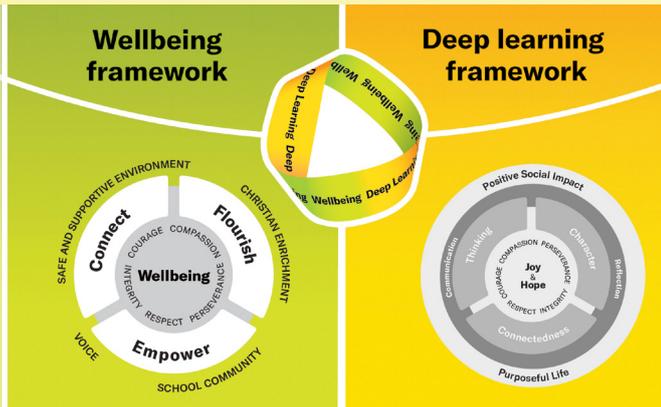
Wellbeing is a shared commitment

Our Wellbeing Framework centres on three key pillars:

Connection – fostering positive relationships and a strong sense of belonging

Empowerment – building skills, confidence and agency

Flourishing – supporting students to thrive academically, socially and emotionally.



These pillars are woven through classroom practice, tutor group and boarding houses, pastoral care and house activities, assemblies, chapel, leadership development and co-curricular life. Wellbeing is embedded into the everyday experience of school – because learning and wellbeing are inseparable, as can be seen in the Mobius strip above.

The Resilience Project education

A key part of our wellbeing approach is our partnership with The Resilience Project (TRP).

TRP explicitly teaches students practical, evidence-based strategies to build resilience and emotional strength. At the heart of TRP is the GEMEL model:

- **Gratitude** – noticing and appreciating the positives even when things are not going well
- **Empathy** – understanding and valuing others and self and being kind
- **Mindfulness** – being present and managing busy thoughts
- **Emotional Literacy** – skills relating to emotions and self-regulation.

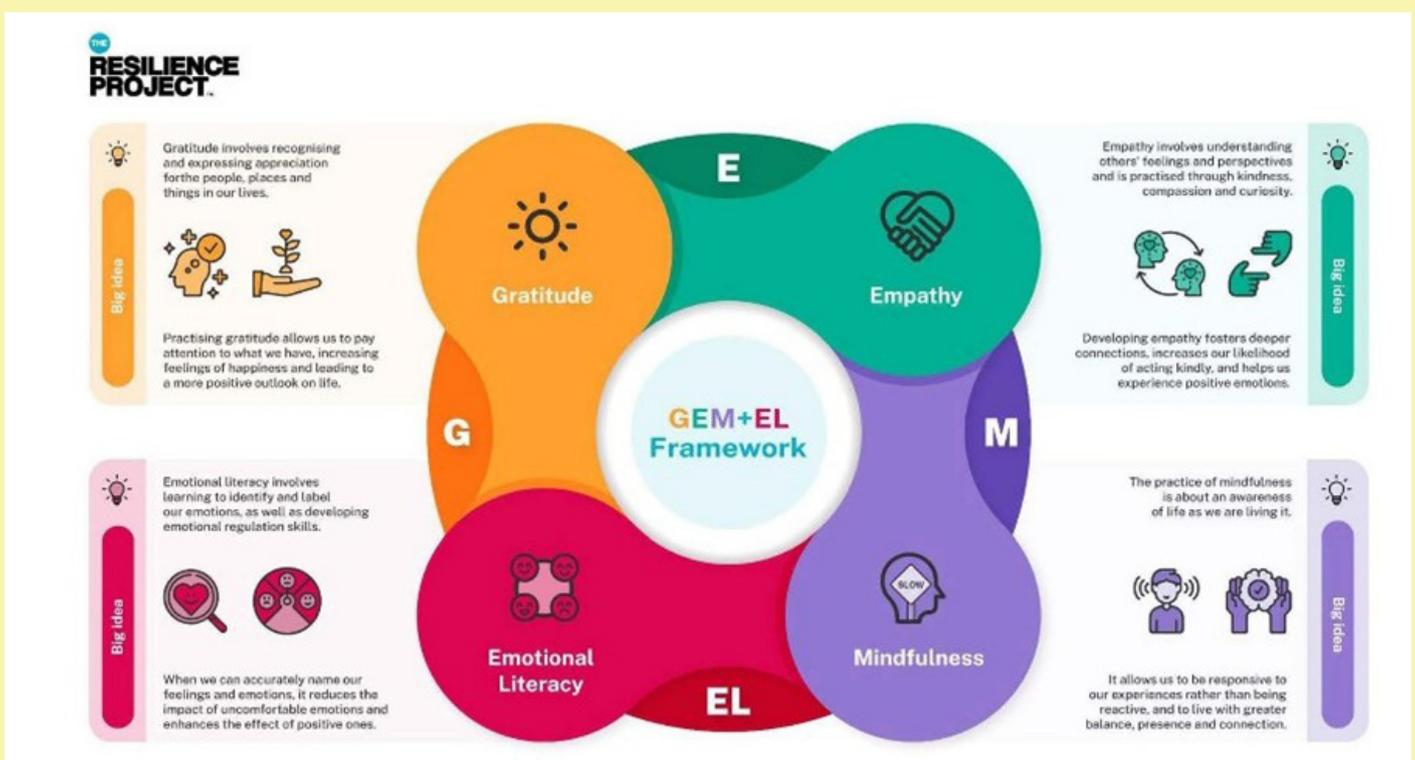
Through age-appropriate lessons, reflection activities and shared language across year groups, girls learn skills that help them navigate friendships, academic pressure, disappointment and change. Importantly, TRP does not remove challenge – it equips and empowers our girls to respond appropriately to challenge so they can then move forward.

By explicitly teaching emotional literacy and resilience, we are helping girls develop lifelong capabilities: the ability to regulate stress, maintain perspective, seek support when needed and persevere when things feel difficult or uncertain. These are skills not only for learning but for life.

Wellbeing is a partnership– with home and school

While schools play a significant role in building wellbeing skills, families are the most powerful influence in a young person’s life. The language used at home, the expectations set and the way we respond to challenges all shape how children understand themselves and the world.

When parents and school share a common approach: focusing on effort and perseverance over outcome,



progress over perfection and connection before correction, girls can feel more secure and supported and can then flourish.

We know that parenting in today's world can feel complex. Social media, academic pressures, friendship dynamics and adolescent development all bring new questions and challenges. That is why we are delighted to launch a new initiative to strengthen our partnership with families

Introducing our Parent Wellbeing Hive

We are very pleased to launch our Abbotsleigh Parent Wellbeing Hive – a dedicated online platform designed to support families in enhancing the wellbeing of their children. Parents can access the Hive via AbbNet – Parent Portal – Links or via this direct link:

[Parent Wellbeing Hive](#).

The Parent Wellbeing Hive includes:

- Access to recorded and live webinars on topics such as anxiety, resilience, friendships, digital wellbeing and motivation
- Practical tip sheets aligned with TRP principles
- Curated articles and reputable websites
- A direct link to the SchoolTV channel, which has a multitude of wellbeing resources that have been translated into over 60 languages
- Conversation starters for good communication with your daughter
- Resources tailored to different year groups
- Links to trusted external organisations and support services.

The Parent Wellbeing Hive is designed to be practical, accessible and evidence-informed and will provide reliable information and helpful tools.

Importantly, the Hive aligns with the same language and principles we use at school through our Wellbeing framework and TRP. This shared approach ensures that girls receive consistent messages across both school and home environments.

When young people experience consistent support from both school and family, their sense of security strengthens. When our girls explicitly learn emotional skills and see those skills modelled at home and at school, resilience grows.

Our goal is not to remove challenge from our girls' lives. Challenge is part of growth. Instead, our goal is to ensure that every girl has:

- Strong relationships
- Emotional regulation skills
- Healthy coping strategies
- A growth mindset
- Confidence to seek help when needed.

Please feel free to provide feedback or suggestions for Wellbeing topics via wellbeing@abbotsleigh.nsw.edu.au.

We look forward to partnering with you through our Wellbeing Framework, The Resilience Project and our new Parent Wellbeing Hive as we continue to support our girls to connect, feel empowered and flourish. Together we can empower successful learners, who are also capable, compassionate and resilient young women.

I wish you well on this 'Journey With Joy'.

Chaplain

Rest for your 'Journey'

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

Boarder's Chapel this week focused on the *I will* statement in which Jesus says, 'I will give you rest'. This is not simply about sleep but the deep, sustaining rest that God provides. The Bible reminds us that God Himself rested, and that every person is created with dignity and value. God cares deeply for our whole selves – mind, body and spirit. Our wellbeing is not measured by the absence of struggle, but by the presence of peace, hope and connection in the midst of challenges, all grounded in God's love and forgiveness found through Jesus. Jesus' invitation in Matthew 11:28-30 captures

this beautifully. He describes the sharing of burdens through the image of a yoke, the wooden beam carried by two oxen when ploughing, where the experienced ox bears more of the weight and gently guides the other. In the same way, Jesus offers us this rest in our journeys, we can find rest in Him and extend that gracious rest to others with compassion and care.

²⁸ 'Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.
Matthew 11:28-30

Upcoming events

WHOLE SCHOOL

lines and lines and lines exhibition	Friday 30 January to Saturday 28 February	Grace Cossington Smith Gallery
SchoolTV program – student wellbeing resources	Available to all parents on the Parent Portal	Click here to watch
Old Girls information and tour morning	Friday 27 February 9.30-11 am	Level 2, Betty Archdale Library
AOGU Generations Breakfast	Wednesday 4 May 7-8.30 am	Junior School Auditorium
International Women's Day Breakfast	Friday 6 March 7-9 am	Senior School Cafeteria
ART NORTH exhibition	Saturday 7 to Saturday 28 March	Grace Cossington Smith Gallery

JUNIOR SCHOOL

Junior School Camp Week	Monday 23 to Friday 27 February	Various locations
Year 6 Canberra and Jindabyne	Monday 23 to Friday 27 February	Canberra and Jindabyne
Year 2 School House Museum visit	Monday 23 February	
Year 1 Cuppa and Connections	Monday 23 February 8-9.30 am	Bundarra Lawn
Kindergarten Maritime Museum visit	Wednesday 25 February	Australian National Maritime Museum
Year 1 Fairytale Day	Wednesday 25 February	JS Locations
Year 3 Milson Island Camp	Wednesday 25 to Friday 27 February	Milson Island
Year 4 Sydney Academy of Sport	Wednesday 25 to Friday 27 February	Sydney Academy of Sport
Year 5 Colo River	Wednesday 25 to Friday 27 February	Colo River
Year 2 Outdoor Education Camp	Thursday 26 to Friday 27 February	CCC Hawkesbury
Kindergarten Colour Day	Thursday 26 February	JS Locations
Transition Grow Your Friendship Day	Thursday 26 February	JS Locations

Year 1 Reptile Park visit	Thursday 26 February	
Year 1 Broken Bay outdoor education	Friday 27 February	Broken Bay
Kindergarten Calmsley Farm visit	Friday 27 February	
Year 5 Cuppa and Connections	Monday 2 March 8-9.30 am	Bundarra Lawn
Year 2 Cuppa and Connections	Wednesday 4 March 8-9.30 am	Bundarra Lawn
Junior Cross Country Carnival	Thursday 5 March 8 am-12.15 pm	
K-2 Literacy and Numeracy parent session	Friday 6 March 9.30-10.30 am	JS Auditorium

SENIOR SCHOOL

Saturday sport	Saturday 14 and Saturday 21 February	Click here for times and venues*
Senior School Swimming Carnival	Tuesday 24 February	Sydney Olympic Park Aquatic Centre
Year 12 Parent Teacher interviews	Thursday 26 February 3.30-8.30 pm	Online
Student directed play: The Virtuous Burglar	Thursday 26 and Friday 27 February 6.30-7.30 pm	Senior School Drama Studio
Year 11 Agriculture excursion	Tuesday 3 March	Leppington Dairy
Year 10 Parent information night and Barbecue	Wednesday 4 March 6-8 pm	PDCH and Marian Clarke Plaza
Junior Cross Country Carnival	Thursday 5 March 12.30-3.30 pm	Senior School campus
Wimbledon at Wahroonga	Friday 6 March 3.30-5.30 pm	Senior School tennis courts