

The Shuttle

Time flies faster than a weaver's shuttle.

Learning at Abbotsleigh: A journey with grit, determination, a growth mindset and joy

Mrs Megan Krimmer
Headmistress

As you are aware, two weeks ago, we celebrated the fantastic milestone of 100 days in Kindergarten with our beautiful Kindy girls, many of whom embarked on their learning journey at Abbotsleigh at the beginning of the year. The smiles, excitement and pure joy that lit up the girls' faces as they concluded their celebration of learning by joining together to count from 1-100 and eat their scrumptious cakes were pure gold. We are so proud of our Kindy girls' achievements and of their eager, animated and delightful approach to learning.

At the other end of the School, 'the pointy end', we are equally proud of our Year 12 girls who are approaching the final weeks of their learning journey at Abbotsleigh. These girls continue to love learning – they are fascinated by their subjects, and they really enjoy working with their dedicated teachers and delving deeply, grappling with concepts, analysing, solving problems, creating, performing and undertaking the many other components and activities involved in learning at such a high level.



The work they have undertaken to date has not been easy; indeed, it has been very challenging, as it should be. And the girls have faced the challenges, especially the rigorous HSC Trial Examinations over the past two weeks, with characteristic grit and determination. They also took their previous assessment tasks in their stride.

That does not mean there have been no disappointments – there have been, and when they receive their examination results in the coming weeks, some girls may not be 100% happy. Yet, I know that our Year 12 girls have developed a growth mindset and the requisite academic resilience to heed constructive feedback, reflect on it, and set goals to further hone their knowledge, understanding and skills. I am confident the girls will work together, support one another, and seek the assistance of their teachers as they continue their journey towards their final examinations in October/November this year. We certainly wish all our wonderful Year 12 girls every success.

The growth mindset, grit and resilience that our Year 12 girls have developed do not just happen, nor do they happen overnight. We believe these traits are so important that we teach them explicitly all the way from the ELC to Year 12, utilising, among others, such tools as our Abbotsleigh Learning Framework Progressions and activities undertaken as part of The Resilience Project. We hope our girls will retain these skills throughout their lives, as they will certainly assist in their future study and work environments, and when they face the inevitable 'curveballs' we all face as humans.

Of particular importance in fostering academic resilience is for our girls to develop a **growth mindset**, a well-renowned concept devised many years ago by Professor Carol Dweck from Stanford University. 'Someone with a



growth mindset views intelligence, abilities, and talents as learnable and capable of improvement through effort.* Rather than saying, 'I can't do this', and giving up quickly when things become hard, the mantra of someone who possesses a growth mindset becomes, 'I can't do this, **yet.**' That person then seeks assistance, sets short-term goals and when they do master the concept or overcome the difficulty, experience an incredible sense of achievement: This is truly 'learning with joy'.

Conversely, 'someone with a **fixed mindset** views intelligence and talents as 'inherently stable and unchangeable over time.' * This is a very sad mindset to possess and can be fraught with danger, because when the academic work becomes more difficult, which it inevitably does as the girls progress through Senior School, those girls can suddenly feel they are not as intelligent as they once thought. Having to work at mastery does not mean a person is less intelligent; it means that the concepts and skills are more difficult to grasp in the first place. It is very hard for someone who possesses a fixed mindset to understand this.

As such, we encourage **all** our girls to develop a growth mindset. This occurs throughout the school in classes and tutor groups (Senior School) and is reinforced especially by our Abbotsleigh Learning Progression: Resilience. The progression from giving up easily to having developed the very healthy skill of resilience inherent in possessing a growth mindset can be seen clearly through these excerpts: **

From:

'I usually give up when I face an unexpected challenge or receive constructive feedback. When a task or experience is too hard, I am unable to work through the challenge to find a solution.'

To:

'My grit, tenacity, perseverance, adaptability and resilience allow me to work through any challenges or setbacks, and to help others do the same. I seek out feedback and use it to help my learning. I understand that these character qualities are essential for creating meaningful change in my life and the world.'

Our girls regularly have the opportunity to plot where they are on this learning progression when undertaking different learning activities.

I am very grateful to our talented and dedicated teachers and educators who inspire our girls and work with them every day to foster their love of learning and develop the important skills of having a growth mindset, grit and resilience. It is an absolute joy to see our girls learning all day every day at Abbotsleigh. Our girls' love of learning, their determination, grit and resilience are second to none.

*From Harvard University **Growth Mindset vs. Fixed Mindset: What's the Difference?**

**[Click here](#) for the entire Resilience Learning Progression developed by our staff.

[Click here](#) for an outline on Growth Mindset developed for students studying at Stanford University.

Chaplain

Transforming mindset

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

The work of Stanford psychologist Carol Dweck on a *growth mindset* has had a significant influence on education. Her research suggests that when effort is encouraged, learners become more resilient, persistent and successful. Interestingly, this idea echoes a central theme of the Christian faith: transformation.

In **Romans 12:2**, Paul writes, '*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*' Rather than simply fitting in with the culture around them, early Christians were called to stand out through lives marked by integrity, forgiveness, love, grace, compassion and respect.

Paul's emphasis was not on outward reform, but inward transformation. Like a growth mindset, Christian maturity requires ongoing effort as we grow in qualities



such as love, joy, peace, patience, kindness, goodness, faithfulness and self-control. None of us ever fully masters these virtues; they remain lifelong opportunities for growth.

Thankfully, Paul reminds us that we do not pursue this transformation to earn God's approval. Rather, as we persevere, God develops within us character and hope (**Romans 5:1-5**).



Upcoming events

WHOLE SCHOOL

Parent Wellbeing Hive – parent wellbeing resources	Available to all parents on the Parent Portal	Click here to visit
Grace Cossington Smith Art Award exhibition	Saturday 18 July to Saturday 15 August	Grace Cossington Smith Gallery
2026 Foundation Gala Dinner	Saturday 15 August 6.30-11 pm	Doltone House, Darling Island Tickets available now: click here
HSC Showcase exhibition	Tuesday 25 to Sunday 30 August	Various SS locations

JUNIOR SCHOOL

Stage 3 Science and Maths Week incursion day	Monday 17 August	Various JS locations
Stage 2 Science and Maths Week incursion day	Tuesday 18 August	Various JS locations
Stage 1 Science and Maths Week incursion day	Wednesday 19 August	Various JS locations
Year 4 MCA excursion	Thursday 20 August	Museum of Contemporary Art
Primary ensembles music concert	Friday 21 August 6.30-8 pm	Senior School Assembly Hall
Year 5 Bathurst camp	Monday 24 to Wednesday 26 August	Bathurst, NSW
Book Week	Tuesday 25 to Friday 28 August	Various JS locations
Author talks	Thursday 27 August Sessions throughout the day	Various locations



SENIOR SCHOOL

Saturday sport	Saturday 15 August	Click here for times and venues
Japan Concert Band rehearsal	Tuesday 18 August 3.30-5.30 pm	PDCH
IGSA Archdale Debating – tie-breaker round	Tuesday 18 August 4-8 pm	Various locations
Year 8 Write a Book in a Day	Wednesday 19 August	Library seminar rooms
Year 7 vaccinations	Wednesday 19 August 8.20 am-2 pm	GLC
House debating	Wednesday 19 August 1.20-2 pm	Assembly Hall
Women in Epicurean Industries breakfast	Thursday 20 August 7-8.15 am	Library seminar rooms
Japan Jazz Ensemble rehearsal	Friday 21 August 3.30-4.45 pm	To be determined
SDN Debating competition – round 5	Friday 21 August 4-9 pm	Various locations
NAIDOC assembly	Monday 24 August 12.45-1.15 pm	Assembly Hall
Year 11 leadership presentation assembly	Tuesday 25 August 12.40-1.15 pm	Assembly Hall
NAIDOC Touch Football vs Pymble LC	Tuesday 25 August 1.20-2.05 pm	Upper Oval
Japan Concert Band rehearsal	Tuesday 25 August 3.30-5.30 pm	PDCH
IGSA Archdale Debating – Grand Final	Tuesday 18 August 4-8 pm	Various locations
HSC Showcase opening event	Tuesday 25 August 5.30-8 pm	Grace Cossington Smith Gallery and the iHub
Year 10 Write a Book in a Day	Wednesday 26 August	Library seminar rooms
Year 7 Write a Book in a Day	Thursday 27 August	Library seminar rooms
Year 12 Father Daughter breakfast	Friday 28 August 7-8.15 am	Year 12 Common Room
SDN Debating competition – round 6	Friday 28 August 4-9 pm	Various locations

