

The Shuttle

Time flies faster than a weaver's shuttle.

'Journey With Joy' and ask – R U OK? every day

Mrs Megan Krimmer
Headmistress



'Yesterday was R U OK? Day – a day we always highlight at Abbotsleigh because asking the question 'R U OK?' is **so** important. This year's theme is 'Ask R U OK? ANY DAY'.

As Anna, our Vice Head Prefect – Duties, said in the Senior School Assembly on Tuesday: 'R U OK? Day [is] a day that reminds us to check in with the people around us and create space for honest conversations about how we're really feeling.'

This year our Prefect theme has been **Journey With Joy**. But joy doesn't mean pretending that every part of our journey is easy. There will be days when we feel stressed, overwhelmed or simply not okay, and that's completely human.'

And so, we do not have to wait until the second Thursday of September every year to ask someone 'R U OK?'; instead, we should ask this important question any time we feel that our friends or members of our families or our work colleagues may be struggling and need support.

This year, girls across the whole school have focused on the important messages that arise from R U OK? Day through outstanding presentations in both Junior and Senior School Assemblies. Mrs Cannon, our Director of Wellbeing and Counselling, has also written an article about R U OK? Day, in which she provides wise advice and links to superb resources for all of our parents, Pre K-12. I warmly commend Mrs Cannon's excellent article to you.



Wellbeing matters

R U OK? Day – 10 September 2026

Mrs Liz Cannon

Director of Wellbeing and Counselling



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. 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, and then speak with a trusted adult if they are concerned about a friend.

Remember, a conversation can make such a difference.

This year's message – Ask R U OK? ANY DAY – can change a life, reminding 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



1. Ask



2. Listen



3. Encourage action



4. Check in

This week, our Prefects and Year 10 SRC representatives presented on R U OK? Day in the Senior School Assembly. The girls 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.

Our Junior School Captains highlighted the importance of reaching out and being kind to each other at our Junior School Assembly last Friday.

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 places to seek help. These organisations include [Kids Helpline](#) (phone: 1 800 55 1800), [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 for them.

We know that as parents, you also need to be equipped with information about wellbeing and mental health, the



signs that there may be a problem, how to talk to your 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 to get started.

Should you ever be concerned about the **immediate safety** and mental health of your daughter, please treat it in the same way as you would treat a physical emergency by seeking **medical help** – such as calling an ambulance or going to the Emergency Department at your local hospital.

Other useful resources:

- [SchoolTV](#) – resources are translated into over 40 languages, accessible through the Parent Portal.
- [NSW Mental Health Line](#) (phone: 1800 011 511) is a single number, 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 1300 52) 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.

Parents, you are always welcome to contact me or our counselling and wellbeing staff if you have any concerns regarding your daughter's wellbeing:
wellbeing@abbotsleigh.nsw.edu.au.



Chaplain

'Come, I will give you rest'

Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

At various points in life, all of us experience weariness. Whether it comes through the pressures of study, work, relationships, disappointment or simply the pace of everyday life, we can find ourselves carrying burdens that seem too heavy to bear alone.

In Matthew 11:28-30, Jesus extends a remarkable invitation: we do not need to strive harder or carry more but come to Him. He promises rest for our souls and reminds us that His yoke is easy and His burden is light. Isaiah 40 also offers great reassurance that God does not grow tired or weary; instead, He willingly renews our strength when we feel weak and exhausted. The Christian faith focuses not on doing things all in our own strength, but on bringing them to God, who knows us, loves us and walks alongside us.

As we recognise R U OK? Day, Jesus' invitation also shapes the way we care for one another. Because Christ welcomes the weary and burdened, we are called to do the same. Asking, 'Are you okay?' is a simple but powerful expression of Christian love. It creates a space for being vulnerable and honest and reminds us that we do not journey alone. Such compassion reflects the heart of Jesus.

May we be a community that not only asks the question R U OK? but also listens well, shares in one another's joys

and struggles and continually points each other towards the true rest and hope found in Jesus.

Matthew 11:28-30

Jesus said, 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.'

Isaiah 40:28-31

²⁸ Do you not know?
Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
²⁹ He gives strength to the weary
and increases the power of the weak.
³⁰ Even youths grow tired and weary,
and young men stumble and fall;
³¹ but those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

Upcoming events

WHOLE SCHOOL

Parent Wellbeing Hive – parent wellbeing resources	Available to all parents on the Parent Portal	Click here to visit
Follow You Home exhibition	Friday 4 to Saturday 26 September	Grace Cossington Smith Gallery
Last day of Term 3	Thursday 24 September	
Boarder travel day	Friday 25 September	
First day of Term 4	Tuesday 13 October	

JUNIOR SCHOOL

Year 5 Bush Dance	Thursday 17 September 5.30-8.30 pm	Everett Hall
Year 6 20 Hour Challenge Celebration of Learning	Tuesday 22 September 10-10.45 am	Year 6 classrooms
Years 4-6 author talk and book launch	Tuesday 22 September 12 noon-12.45 pm	
Year 5 Celebration of Learning – Wonder of Empathy Project	Wednesday 23 September 12 noon-12.45 pm	Year 5 classrooms
Year 6 Designing for Change Celebration of Learning	Thursday 24 September 10-10.45 am	Year 6 classrooms
Junior School House Cup	Thursday 24 September 1.30-2 pm	

SENIOR SCHOOL

Saturday sport	Saturday 12 September	Click here for times and venues
CRU farewell to Year 12	Monday 14 September 1.15-2.10 pm	To be determined
Year 10 Mandatory Geography excursion	Tuesday 15 September	Long Reef
Year 12 and Staff concert	Tuesday 15 September 1.15-2.10 pm	PDCH
Japan Concert Band rehearsal	Tuesday 15 September 3.30-5.30 pm	PDCH
Year 9 Elective Geography field trip	Wednesday 16 September	Hawkesbury River
Year 10 languages excursions	Wednesday 16 September	Locations vary
Year 12 vs Staff football	Wednesday 16 September 1.15-2.10 pm	Top Oval
Abb-Lib Grand Finals	Wednesday 16 September 6-8 pm	PDCH
Year 12 vs Staff netball	Thursday 17 September 1.15-2.10 pm	Sports Hall
Year 12 2027 Leadership induction	Friday 18 September 9.30-10.30 am	Assembly Hall
Year 12 visit to Junior School	Friday 18 September 1-3 pm	Junior School



Japan Jazz Ensemble rehearsal	Friday 18 September 3.30-4.45 pm	To be determined
SDN Debating competition – Grand Final	Friday 18 September 4-9 pm	Various locations
Year 12 and Tutor breakfast	Monday 21 September 7.15-9 am	Year 12 Common Room
Year 12 vs Staff Handball	Monday 21 September 1.15-2 pm	Marian Clarke Plaza and Chapel Walk
Year 11 Elective Music soiree	Monday 21 September 6.30-8.30 pm	PDCH
Year 8 Geography field trip	Tuesday 22 September	Sydney Harbour
Year 12 Crufts at Abbotsleigh	Tuesday 22 September 8.20-9.30 am	Top Oval
Year 12 Picnic Day at Balmoral	Tuesday 22 September 10 am-3.25 pm	Balmoral Beach
Japan Concert Band rehearsal	Tuesday 22 September 3.30-5.30 pm	PDCH
Wheeldon House Family Dinner	Tuesday 22 September 5-8 pm	Wheeldon House
Year 12 Valedictory Chapel	Wednesday 23 September 8.30-9.30 am	Senior School Chapel
Year 12 Valedictory Assembly	Wednesday 23 September 9.45-10.45 am	Assembly Hall
Year 12 Valedictory Morning Tea	Wednesday 23 September 10.45 am-12 noon	Marian Clarke Plaza
Year 12 Valedictory Dinner	Wednesday 23 September 6.30-11 pm	Miramare Gardens, Terrey Hills
Japan Concert Band rehearsal	Friday 25 September 8.30 am-3.30 pm	PDCH
Japan Jazz Ensemble rehearsal	Friday 25 September 9-11 am	To be determined
CRU Leadership training session	Friday 25 September 10 am-1 pm	GLC

