

# The Shuttle



Time flies faster than a weaver's shuttle.

## Abbotsleigh girls Brave the Waves

Mrs Megan Krimmer  
Headmistress

'Brave the Waves', our inspiring Prefect theme has certainly been front and centre this term as we have reflected, especially, on how our Abbotsleigh girls, staff and parents have 'braved many waves' over the last 139 years. Indeed strength, courage, determination and resilience have been consistently demonstrated as Abbotsleigh continues to enact its vision of 'Empowering young women since 1885'. Lily Thornthwaite delivered a superb speech about Abbotsleigh Braving the Waves during our School birthday celebrations last week which I strongly commend to you below.

Continuing with the theme in Senior School assembly this week, Mrs Barbara Beilharz (Science Teacher) was interviewed by our Head Prefect, Lily Thornthwaite, about some of the waves she has 'braved' and how she has faced these challenges. Mrs Beilharz was courageously honest and talked about what it was like to come to Australia as a scientist working for a pharmaceutical company and then retraining at university as a teacher, where instruction, readings and assignments were all in



English, rather than her own language, German. As Mrs Beilharz explained – it was really hard, but she did it!

When asked how she faces challenges that naturally keep coming as part of life, Mrs Beilharz shared with the girls the following wonderful image:

"I imagine I have a treasure chest in my head, and every time I overcome a challenge, I put a beautiful jewel in that treasure chest. When I face 'waves', I look into that treasure chest, and I see all the jewels that I have put in there over the years. This helps me remember that I have overcome so many challenges in the past, and I will overcome this one, and as a result, I will be able to add another beautiful jewel to my treasure chest."

What a wonderful image for all of us, and especially for our Year 12 girls who will be 'braving the waves' of their Trial examinations next week. We wish you well, girls. I know that you will rise to the challenges ahead and put those beautiful jewels in your own treasure boxes as the years continue.



## Abbotsleigh 139th birthday speech

Lily Thornthwaite  
Head Prefect 2023-24

Good morning everyone, what a delight to be together as a school community on the 139th birthday of Abbotsleigh.

I want you to have a think about what a quintessential Abbotsleigh girl is.



For me, it is someone who:

- demonstrates leadership
- serves others
- shows compassion, kindness and emotional intelligence
- embraces challenges
- and has a positive, attitude of gratitude

And when I think of what Abbotsleigh is at its core, it is the girls, teachers, staff and beautiful campus.

But above all it is a community – a community of empowered young women who are supported by the most inspiring and encouraging role models: our teachers, family, peers, staff and wider community.

I think Abbotsleigh is a school that is not afraid to go beyond the status quo and endeavour to embrace progress, while celebrating our rich history.

This year our community has been 'braving the waves'. The 2023/24 Prefect theme, 'Brave the Waves' has two parts:

The **Waves**. Waves are a metaphor for the obstacles which are inevitable in life. Some days will be smooth sailing and other days we'll get tumbled by rough surf. Sometimes the waves will appear larger than we can handle, and other times the surf will be great. Some days we will be thrown off balance, but we need to learn to get back up again.

This is where the **Brave** comes in. Challenges can be overwhelming and stressful, but they can also be enjoyable and rewarding. When we equip ourselves with the right tools, such as grit, resilience and a growth mindset, we can embrace challenges and enjoy the journey.

Jon Kabat-Zinn said, "You can't stop the waves, but you can learn how to surf." And why not have fun when surfing?

On screen, you will have seen the theme design, illustrated beautifully by talented Year 12 students Emma Tan and Ella Han, supported wonderfully by the School's graphic designers. You will also have seen the Brave the Waves posters.

These posters are all around the School and are a daily reminder to us of what it means to Brave the Waves.

As a school community, over the past year we have enjoyed the:

- Brave the Waves Festival
- Sound Waves concerts
- Assemblies for the environment, STEAM, Reconciliation, diversity and harmony

Junior School and Senior School girls have braved the debating, robotics, artistic, dramatic and service waves, and a million more.

And beyond the events and initiatives, each Abbotsleigh girl has exemplified an attitude of grit and resilience, embodying the School Values of courage and perseverance. We are so fortunate that today we get to come together and celebrate not only the achievements of our school this year, but for the past 139 years.

The headway that Abbotsleigh has made in not only education, but in terms of empowering students to have a positive social impact is immense. Much environmental action has been made, and more continues to be done. Our community has celebrated rich diversity which is at the heart of our school, and formed local, national and international partnerships that educate the whole Abbotsleigh girl. What's the saying?

*Empowering young women since 1885.*

Today, on our school's birthday, we must celebrate the unique achievements of each girl, Old Girl, staff, supporters and community.

In fact, if you peruse the Abbotsleigh alumnae page on Wikipedia like I have, you will be astounded by the accomplishments of Abbotsleigh girls and women.

Did you know?

- Freda Whitlam, Gough Whitlam's sister, was an Abbotsleigh girl
- Phyllis Arnott, not only the first female in Australia to gain a commercial pilot's license, but a member of the Arnott's family. Yes, the biscuit family of Australia!
- Sue Fear – an Abbotsleigh student and the first Australian woman to climb Mount Everest from the north side.

Beyond the accomplishments and success, it is the heart and soul of Abbotsleigh girls that I most value. The culture of compassion, leadership and service.

Abbotsleigh, we thank you for all you have done for us and will continue to do for generations to come.

Time certainly does fly faster than a weaver's shuttle.

Happy 139th birthday Abbotsleigh – here's to another great year!

# Chaplain

## Running the race

Rev Sarah Hobba  
Senior Chaplain and Head of Christian Studies

After years of training and having the goal to reach the Paris 2024, athletes are now entering stadiums to compete. In the stands, supporters are watching on and encouraging the Olympians in their efforts to reach that final prize of standing on the podium.

A similar description is used of faith in Hebrews 12, except the stadium imagery highlights those great examples of Christian faith who have gone before us. The Olympians are us, running our race and encouraged to not give up on our faith. This is done by removing obstacles to our faith just as an athlete removes bulky clothing that slows them down. The prize is Jesus and being with him, where we are no longer burdened by our wrongs, mistakes, pain or suffering but living forever with him.

This term, Junior School Chapel will have an Olympic theme as we are encouraged to keep running the race and fixing our eyes on Jesus.

### Hebrews 12:1-2

<sup>1</sup>We have all these great people around us as examples. Their lives tell us what faith means. So we, too, should run the race that is before us and never quit. We should remove from our lives anything that would slow us down and the sin that so often makes us fall. <sup>2</sup>We must never stop looking to Jesus. He is the leader of our faith, and he is the one who makes our faith complete. He suffered death on a cross. But he accepted the shame of the cross as if it were nothing because of the joy he could see waiting for him. And now he is sitting at the right side of God's throne.

# Upcoming events

## WHOLE SCHOOL

|   |                             |                                |
|---|-----------------------------|--------------------------------|
| <b>Young Curators (Abbotsleigh and Hornsby Girls High) with artist Oliver Watts</b> | 8 to 22 August              | Grace Cossington Smith Gallery |
| <b>Sports Lunch</b>   | Friday 16 August<br>12-4 pm | Doltone House                  |
| <b>Abbotsleigh Year 12 2024 Visual Arts Showcase</b>                                | 27 to 31 August             | Grace Cossington Smith Gallery |

## JUNIOR SCHOOL

|   |                                  |                  |
|---|----------------------------------|------------------|
| <b>Parent teacher meetings</b>                | Monday 5 to Thursday 8 August    | Classrooms       |
| <b>Kindergarten Hot Shots Tennis</b>          | Monday 5 August<br>12-12.45 pm   | JS tennis courts |
| <b>Year 6 AFL and touch football training</b> | Monday 5 August<br>3.20-4.30 pm  | Junior School    |
| <b>Transition ACEE incursion</b>              | Tuesday 6 August<br>8.30-2.30 pm | ACEE             |

|   |   |  |
|---|---|--|
| <b>Years 3-6 athletics training</b>                         | Tuesday 6 August<br>3.30-5 pm           | Junior School                                    |
| <b>Act for Kids sessions for ELC, Transition and Year 1</b> | Wednesday 7 August                      | Classrooms                                       |
| <b>Year 2 Bike Education</b>                                | Wednesday 7 August                      | Junior School tennis courts                      |
| <b>3G Combined Arts program at St Lucy's School</b>         | Wednesday 7 August<br>11.45 am-1.20 pm  | St Lucy's School                                 |
| <b>Year 5 AFL and touch football training</b>               | Wednesday 7 August<br>3.20-4.30 pm      | Junior School                                    |
| <b>Primary Athletics Carnival</b>                           | Thursday 8 August<br>All day            | SOPAC  |
| <b>Year 1 Cooking Program</b>                               | Thursday 8 August<br>8.30-10.30 am      | Outdoor Kitchen                                  |
| <b>Kindergarten Field of Mars Reserve excursion</b>         | Thursday 8 August<br>8.50 am-2.30 pm    | Field of Mars Reserve                            |
| <b>Years 3 and 4 AFL and touch football training</b>        | Thursday 8 August<br>3.20-4.30 pm       | Junior School                                    |
| <b>SDN Debating training</b>                                | Friday 9 August<br>7.15-8.15 am         | AbbSchool East and West Rooms                    |
| <b>SDN Debating vs Brigidine</b>                            | Friday 9 August<br>4.15-6.30 pm         | Brigidine College                                |
| <b>Year 2 sport training</b>                                | Saturday 10 August<br>8-9.30 am         | Junior School                                    |
| <b>IPSHA Saturday Sport</b>                                 | Saturday 10 August<br>8 am-12 noon      | See <b>Parent app</b> for team sheets and venues |
| <b>Years 3-6 IPSHA artistic gymnastics training</b>         | Saturday 10 August<br>1-5 pm            | Gymnasium, Senior School                         |
| <b>Science and Maths Week</b>                               | Monday 12 to Friday 16 August           | Junior School                                    |
| <b>Kindergarten Hot Shots Tennis</b>                        | Monday 12 August<br>12-12.45 pm         | JS tennis courts                                 |
| <b>Year 6 AFL and touch football training</b>               | Monday 12 August<br>3.20-4.30 pm        | Junior School                                    |
| <b>Transition ACEE incursion</b>                            | Tuesday 13 August<br>8.30-2.30 pm       | ACEE   |
| <b>Years 3-6 athletics training</b>                         | Tuesday 13 August<br>3.30-5 pm          | Junior School                                    |
| <b>Act for Kids sessions for ELC, Transition and Year 1</b> | Wednesday 14 August                     | Classrooms                                       |
| <b>Year 2 Bike Education</b>                                | Wednesday 14 August                     | Junior School tennis courts                      |
| <b>3G Combined Arts program at St Lucy's School</b>         | Wednesday 14 August<br>11.45 am-1.20 pm | St Lucy's School                                 |
| <b>Year 5 AFL and touch football training</b>               | Wednesday 14 August<br>3.20-4.30 pm     | Junior School                                    |
| <b>NSW Interschool Girls Teams Chess Challenge</b>          | Thursday 15 August<br>9 am-3 pm         | Burwood  |
| <b>3G Combined Arts program at St Lucy's School</b>         | Thursday 15 August<br>11.45 am-1.20 pm  | St Lucy's School                                 |
| <b>Years 3 and 4 AFL and touch football training</b>        | Thursday 15 August<br>3.20-4.30 pm      | Junior School                                    |

|   |                                    |  |
|---|------------------------------------|--|
| <b>SDN Debating training</b>                        | Friday 16 August<br>7.15-8.15 am   | AbbSchool East and West Rooms                    |
| <b>Year 6 Brain Camp</b>                            | Friday 16 August                   | Science Room                                     |
| <b>SDN Debating vs Stella Maris</b>                 | Friday 9 August<br>4.15-6.30 pm    | Abbotsleigh                                      |
| <b>Year 2 sport training</b>                        | Saturday 17 August<br>8-9.30 am    | Junior School                                    |
| <b>IPSHA Saturday Sport</b>                         | Saturday 17 August<br>8 am-12 noon | See <b>Parent app</b> for team sheets and venues |
| <b>Years 3-6 IPSHA artistic gymnastics training</b> | Saturday 17 August<br>1-5 pm       | Gymnasium, Senior School                         |

## SENIOR SCHOOL

|  |                                       |   |
|--|---------------------------------------|---|
| <b>Saturday sport</b>                                  | Saturday 3 August<br>8 am-12 noon     | <a href="#">Click here</a> for times and venues |
| <b>Year 11 Agriculture excursion</b>                   | Monday 5 to Wednesday 7 August        | Quirindi  |
| <b>CRU Bible Study Masterclass excursion</b>           | Tuesday 6 August                      | Chatswood                                       |
| <b>Wheelchair basketball in the Sports Hall</b>        | Tuesday 6 August<br>1.15-2.10 pm      | Judith Poole Sport Hall                         |
| <b>Archdale debating Round 7</b>                       | Tuesday 6 August<br>4-8 pm            |   |
| <b>Middle School Public Speaking Competition</b>       | Wednesday 7 August<br>12.45-1.15 pm   | Assembly Hall                                   |
| <b>Opening of Young Curators and 3:33 Art Projects</b> | Thursday 8 August<br>5.30-7.30 pm     | Grace Cossington Smith Gallery                  |
| <b>French Tour 2025 parent information session</b>     | Thursday 8 August<br>6.30-7.30 pm     | Global Learning Centre (GLC)                    |
| <b>Senior Drama Production Shakespeare in Love</b>     | Thursday 8 August<br>7-9.30 pm        | Drama Studio                                    |
| <b>IGSA Chess Competition round 2</b>                  | Friday 9 August<br>4-6 pm             |   |
| <b>SS Twilight Athletics 3</b>                         | Friday 9 August<br>4-8 pm             | SOPAC   |
| <b>SDN Debating</b>                                    | Friday 9 August<br>4.30-8.30 pm       |   |
| <b>Senior Drama Production Shakespeare in Love</b>     | Friday 9 August<br>7-9.30 pm          | Drama Studio                                    |
| <b>Saturday sport</b>                                  | Saturday 10 August                    | Venues and times TBA                            |
| <b>Rugby 7s round 2</b>                                | Saturday 10 August<br>1-4 pm          | Pymble Ladies' College                          |
| <b>Senior Drama Production Shakespeare in Love</b>     | Saturday 10 August<br>2-4.30 pm       | Drama Studio                                    |
| <b>Senior Drama Production Shakespeare in Love</b>     | Saturday 10 August<br>7-9.30 pm       | Drama Studio                                    |
| <b>Year 11 Paul Dillon Wellbeing incursion</b>         | Monday 12 August<br>11.20 am-12.40 pm | Chapel  |