

# The Shuttle



Time flies faster than a weaver's shuttle.

## Abbotsleigh girls continue to Brave the Waves as they embrace the exciting opportunities and challenges of Term 4



Mrs Megan Krimmer  
Headmistress

It is wonderful to welcome you to Term 4 2024! I hope that you and your families had a really good break and that every girl is ready to embark on another term of exciting, creative, engaging and very deep learning.

With Orientation Days being held across the School this week, it has been a time of new beginnings for many girls who will be embarking on their 'new Abbotsleigh adventures' next year. As these girls experienced a taste of what it will be like to be a Junior School or a Year 7 Abbotsleigh girl, they had great opportunities to meet new teachers and to make new friends. Our Year 7 boarders even experienced a giant sleepover in Read House on Sunday night! It was very special indeed to see the smiles and excitement on the girls' faces, and to hear their laughter and exclamations of delight as they clearly enjoyed their new experiences.

This week has also been a time of new beginnings for our Year 12 2025 girls, who not only started their Year 12 studies, but also embarked on their new roles as student leaders of the School. Beginning their journey together at the Year 12 Conference at Lake Macquarie was a wonderful opportunity for the girls to work and learn together, and I am sure that each girl will be a great role model and that all of Year 12 will collectively lead their school very well.

Term 4 is certainly an exciting time of learning for all our girls; it is also a time where they will undertake some assessments. What I am always delighted with is that our girls take these challenges in their stride and that they are able to see assessments for what they are – a natural part of the learning cycle, which they can then reflect upon and use the feedback they receive to help them develop future learning goals.

Certainly, this has been the experience of our Year 12 2024 girls' Abbotsleigh learning journey. The girls have 'braved the waves' of their first HSC examinations this week, and I am so proud of the way in which they have approached their final year of school and their final examinations. Indeed, all of our girls and staff have been inspired by the 2024 Year 12 theme, 'Brave the Waves', and we have all learnt how to embrace (surf!) the waves that might come towards us very well.

I commend to you the following speech delivered to Year 12 2024 at their Valedictory Dinner by AOG Caitlin Oschadleus, who was Head Prefect in 2018-2019. I am sure that you will be as inspired as the Year 12s and I were, not only by Caitlin's incredible accomplishments, but also by her ability to brave the many very challenging waves that have come her way.

I wish you all a very enriched, enjoyable and fulfilling Term 4.



# Braving the waves

Caitlin Oschadleus  
*Head Prefect 2018-2019*

It's really wonderful to be back. Abbotsleigh holds a very special place in my heart, and it truly is an honour to be here tonight. *I literally flew halfway around the world* to get here to celebrate you, because I know how special this moment is.

This year you have spent a lot of time exploring the value and practice of resilience, in your theme of braving the waves and learning to weather all kinds of storms. It's a theme I hope you take deeply to heart, because resilience is a skill you will find invaluable to deal with the uncertainties and storms in life that you will face.

Five years ago, just 12 weeks after sitting in this very room, I was sitting in my car outside the Junior School when a tree branch weighing about 250-300 kg fell on my car. I felt a dull pain in my neck and tingles shooting down my arm, immediately knew it was a spinal injury and that I shouldn't move (just a note of gratitude to the Year 12 PDHPE curriculum and Mr Winslow for that piece of wisdom). There are many miracles in what led to me standing here today, and I want to give credit to all the strangers who rushed to my assistance, the paramedics, ... Hamish and Mel who both held my head and hand for over an hour while the firemen worked to free me from the car, and the doctors.

I then went into spinal surgery, two months in a neck brace, months of rehabilitation, and after eight months I was able to run my first full training on a netball court again. I also want to deeply thank the School for the support they gave me, I remember through the fog of morphine lying in ICU seeing Mrs Krimmer and Mrs Rennie walk in with what I remember to be a smiley face balloon (the details might have been lost with the morphine). And the countless teachers who came and visited or supported from afar. It was in this moment that I realised that resilience is not just about my individual ability to endure a storm, but it is rooted in and strengthened in community.

There's much more to the story, but for the purpose/context of tonight, you can't always predict the tree falling on you, but you can choose how you respond when it does. For you, it may not be a physical tree, but there will be storms and you will have to choose how to respond.

This accident was just one of the storms I had to weather. At the same time, I was facing a breakdown within my family and the Covid pandemic which were big mental and emotional storms to navigate alongside the physical rehabilitation of my body. If I can promise you anything about the next five years of your life and beyond, it is that resilience is a choice. And it is a hard one.

Developing resilience happens through a series of decisions that you make every day, both big and small,



some easy, some very challenging. You don't always get them right, but as with any muscle, you can strengthen it over time and with intentional effort. Time itself doesn't heal, what you're doing with that time is what matters for the seed of resilience to grow.

*I truly believe that we are shaped in our moments of challenge and adversity. It is in these moments of weakness that our character and our true strength are shaped.* Challenges will come. That's a given. And we can either become victims in them, or we can choose to grow through them. It is not easy. And you will make mistakes. *But how you choose to respond lays the foundation for who you are becoming in your future.* You don't need to have every step planned out, but it is about making the next decision to move forward.

Some challenges are unexpected and occur like a tree falling out of nowhere. Other challenges in life are expected and come with natural cycles of transition. The season you are currently in is a season of transition, and there are natural challenges that come with that. You are about to be uprooted from the structures of the school you have grown within over the past 13 years. Whether you loved school or didn't, the transition can bring uncertainty. For me I felt that uncertainty every time someone asked me, 'What do you want to do next year?' and I couldn't give a clear answer. Some of you may have very clear ideas of what you want to do, and some of you may have no idea what the next step looks like. For me, all I knew was that I wanted to help people and that I was interested in human rights. Incredibly vague, I know. But looking back it was actually all I needed to take the next steps in my journey. And sometimes the connections only become clear in hindsight.

Tonight, I want to take the question that you probably have been asked 100 times, 'What do you want to do next year?' and I want to reframe it. Instead, I ask you, 'Who do you want to be?' Whether you know your next steps or not, I challenge you to sit with this question over the coming weeks. Who do you want to be?

Who do you want to be 5, 10, 20 years down the track? When you get to 80 years old and you look back at your life, who do you want to be described as? And in complete honesty, a lot of that will come from how you weathered storms in your life.

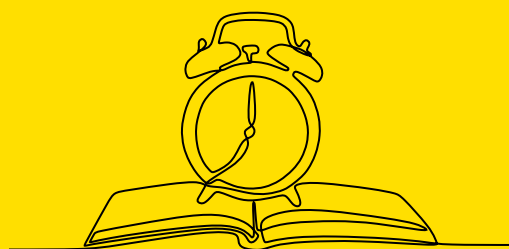
It is a question that I still use to direct my vision and steps in life, despite not always knowing exactly what it looks like. Since finishing school, I have now finished my degree in international relations where I completed an honours thesis examining trafficking in persons in relation to conflict. Alongside my studies I have had incredible work opportunities, including an internship with the UK charity Humanitarian Aid Relief Trust and, as well, an internship in Vienna with the United Nations Office on Drugs and Crime as part of their trafficking in persons research unit.

And now I find myself at another transition point, where this question has been imperative for me. While there are many career opportunities and avenues I could go down, what I centre myself on is *Who am I?*

I am a valued and loved child of God, called to love Him and reflect that love in how I love people. Who do I want to become? At every point of my life, I want to look back and be proud, not of how I lived in the good moments, on the mountain tops of life, but how I lived in the depths of the storms.

So, Year 12 I ask you, 'Who are you and who do you want to be?'

Thank you and congratulations!



# Chaplain

## Time for...

Rev Sarah Hobba  
Senior Chaplain and Head of Christian Studies

The writer of the book of Ecclesiastes wrote a passage that is quite well known. It was also used in the '60s by the group The Byrds with a song called 'Turn! Turn! Turn!' The passage and the lyrics focus on how, there is a time for everything and a season for all different activities under the heavens.

Hopefully, the past two weeks have been a time of refreshment or rest for our community, with the break from routines and the Labour Day long weekend. There was the time to turn our clocks forward with daylight saving starting and we have moved more into the season of spring. There were also times with family and friends, seeing the world near and far, times of being busy and times of just being.

Term 4 is a time of many different events and daily activities in our calendars, and things speed along. Our shops weirdly have both Halloween and Christmas times in our sights, but let's not try to rush things too quickly. At the end of the passage, the writer of Ecclesiastes writes, 'God has made everything beautiful in its time. He has also set eternity in the human heart, yet no one can fathom what God has done from beginning to end.' (Ecc 3:11) May Term 4 be a time where we can see how God is making things beautiful in their time. May we also be mindful of the time that we all have and use it wisely, in service and love to others, as Jesus demonstrated to us.

# Upcoming events

## WHOLE SCHOOL

|  |                                   |                                |
|--|-----------------------------------|--------------------------------|
| <b>A Sense of Colour exhibition</b>      | Saturday 5 October to 2 November  | Grace Cossington Smith Gallery |
| <b>Old Girls vs Current Girls Debate</b> | Tuesday 22 October<br>6-8 pm      | PDCH and via Zoom              |
| <b>AOGU meeting</b>                      | Wednesday 23 October<br>7.30-9 pm | Council Room, Senior School    |
| <b>APR meeting</b>                       | Thursday 31 October<br>8.30-10 am | Auditorium, Junior School      |

## JUNIOR SCHOOL

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| <b>Year 2 sport training</b>                       | Saturday 19 October<br>8-9.30 am         | Junior School                                    |
| <b>IPSHA Saturday sport</b>                        | Saturday 19 October<br>8 am-12 noon      | <b>See Parent app</b> for team sheets and venues |
| <b>Year 3-6 IPSHA artistic gymnastics training</b> | Saturday 19 October<br>1-5 pm            | Senior School Gymnasium                          |
| <b>Year 6 basketball and cricket training</b>      | Monday 21 October<br>3.20-4.30 pm        | Junior School                                    |
| <b>Transition and ELC 4-5 room ACEE excursion</b>  | Tuesday 22 October<br>8.30 am-2 pm       | Abbotsleigh Centre for Environmental Education   |
| <b>Years 4-6 World Vision chapel with parents</b>  | Tuesday 22 October<br>8.30-9 am          | Everett Hall                                     |
| <b>K, 2 and 3 World Vision chapel with parents</b> | Tuesday 22 October<br>9.10-9.40 am       | Everett Hall                                     |
| <b>Year 1 Light Up Lives Solar Light Day</b>       | Tuesday 22 October<br>9 am-12.30 pm      | Knox Preparatory School                          |
| <b>Year 3-6 IPSHA Hot Shots tennis training</b>    | Tuesday 22 October<br>3.20-4.30 pm       | Junior School Tennis Courts                      |
| <b>Year 6 AbbKart construction day</b>             | Wednesday 23 October<br>8.30 am-12.50 pm | Junior School                                    |
| <b>Years 1-5 Gateways Navigate incursion</b>       | Wednesday 23 October<br>8.30 am-3 pm     | Annexe West Room                                 |
| <b>Year 5 basketball and cricket training</b>      | Wednesday 23 October<br>3.20-4.30 pm     | Junior School                                    |

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| <b>Years 3-6 IPSHA tennis training</b>               | Wednesday 23 October<br>3.45-4.45 pm   | Senior School Tennis Courts                      |
| <b>Years 3 and 4 basketball and cricket training</b> | Thursday 24 October<br>3.20-4.30 pm    | Junior School                                    |
| <b>Year 3 Wellbeing Day</b>                          | Friday 25 October<br>8.30 am-3 pm      | Year 3 Classrooms                                |
| <b>Transition Group 1 excursion to Hammond Care</b>  | Friday 25 October<br>11-11.45 am       | Hammond Care                                     |
| <b>Kindergarten and Year 1 football (soccer)</b>     | Friday 25 October<br>3-4 pm            | Junior School                                    |
| <b>IPSHA tennis training</b>                         | Friday 25 October<br>3.30-4.45 pm      | Senior School Tennis Courts                      |
| <b>Year 2 sport training</b>                         | Saturday 26 October<br>8-9.30 am       | Junior School                                    |
| <b>IPSHA Saturday sport</b>                          | Saturday 26 October<br>8 am-12 noon    | <b>See Parent app</b> for team sheets and venues |
| <b>Year 3-6 IPSHA artistic gymnastics training</b>   | Saturday 26 October<br>1-5 pm          | Senior School Gymnasium                          |
| <b>6O Judith Krause session 1</b>                    | Monday 28 October<br>9-10.30 am        | 6O Classroom                                     |
| <b>Kindergarten play session</b>                     | Monday 28 October<br>9.30-12.30 pm     | Kindergarten Classrooms                          |
| <b>Transition play session</b>                       | Monday 28 October<br>10 am-12 noon     | Transition Classroom                             |
| <b>6L Judith Krause session 1</b>                    | Monday 28 October<br>10.50 am-12.20 pm | 6L Classroom                                     |
| <b>Year 6 basketball and cricket training</b>        | Monday 28 October<br>3.20-4.30 pm      | Junior School                                    |
| <b>Primary Chapel</b>                                | Tuesday 29 October<br>8.30-9 am        | Everett Hall                                     |
| <b>Infants Chapel</b>                                | Tuesday 29 October<br>9-9.30 am        | Everett Hall                                     |
| <b>Kindergarten play session</b>                     | Tuesday 29 October<br>9.30-12.30 pm    | Kindergarten Classrooms                          |
| <b>Transition play session</b>                       | Tuesday 29 October<br>10 am-12 noon    | Transition Classroom                             |
| <b>Year 3-6 IPSHA Hot Shots tennis training</b>      | Tuesday 29 October<br>3.20-4.30 pm     | Junior School Tennis Courts                      |
| <b>Years 1-5 Gateways Navigate incursion</b>         | Wednesday 30 October<br>8.30 am-3 pm   | Annexe West Room                                 |
| <b>6D Judith Krause session 1</b>                    | Wednesday 30 October<br>9-10.30 am     | 6D Classroom                                     |
| <b>Kindergarten play session</b>                     | Wednesday 30 October<br>9.30-12.30 pm  | Kindergarten Classrooms                          |
| <b>Transition play session</b>                       | Wednesday 30 October<br>10 am-12 noon  | Transition Classroom                             |

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| <b>6G Judith Krause session 1</b>                          | Wednesday 30 October<br>10.50 am-12.20 pm | 6G Classroom  |
| <b>Year 5 basketball and cricket training</b>              | Wednesday 30 October<br>3.20-4.30 pm      | Junior School                                       |
| <b>Years 3-6 IPSHA tennis training</b>                     | Wednesday 30 October<br>3.45-4.45 pm      | Senior School Tennis Courts                         |
| <b>IPSHA Gymnastics Carnival</b>                           | Thursday 31 October<br>8 am-3 pm          | Sydney Gymnastics and Aquatic Centre,<br>Rooty Hill |
| <b>Year 2 Gibberagong excursion</b>                        | Thursday 31 October<br>8.30 am-2.30 pm    | Gibberagong, Ku-ring-gai Chase<br>National Park     |
| <b>Kindergarten play session</b>                           | Thursday 31 October<br>9.30 am-12.30 pm   | Kindergarten Classrooms                             |
| <b>1G instrument testing</b>                               | Thursday 31 October<br>9.45-10.30 am      | Upper Music Room                                    |
| <b>Transition play session</b>                             | Thursday 31 October<br>10 am-12 noon      | Transition Classroom                                |
| <b>10 instrument testing</b>                               | Thursday 31 October<br>10.50-11.35 am     | Upper Music Room                                    |
| <b>Year 1 Celebration of Learning</b>                      | Thursday 31 October<br>2-2.30 pm          | Year 1 Classrooms                                   |
| <b>Years 3 and 4 basketball and cricket training</b>       | Thursday 31 October<br>3.20-4.30 pm       | Junior School                                       |
| <b>Year 1 and 2 Northside Gifted and Talented Workshop</b> | Friday 1 November<br>9 am-2.30 pm         | Library Annexe East                                 |
| <b>Kindergarten play session</b>                           | Friday 1 November<br>9.30-12.30 pm        | Kindergarten Classrooms                             |
| <b>Transition play session</b>                             | Friday 1 November<br>10 am-12 noon        | Transition Classroom                                |
| <b>Year 6 Hope in a Suitcase Session 3</b>                 | Friday 1 November<br>11.20-11.50 am       | Year 6 Classrooms                                   |
| <b>Kindergarten and Year 1 football (soccer)</b>           | Friday 1 November<br>3-4 pm               | Junior School                                       |
| <b>IPSHA tennis training</b>                               | Friday 1 November<br>3.30-4.45 pm         | Senior School Tennis Courts                         |
| <b>Year 2 sport training</b>                               | Saturday 2 November<br>8-9.30 am          | Junior School                                       |
| <b>IPSHA Saturday sport</b>                                | Saturday 2 November<br>8 am-12 noon       | <b>See Parent app</b> for team sheets and venues    |

## SENIOR SCHOOL

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|---|-------------------------------------|---|
| <b>Saturday sport</b>                     | Saturday 19 October<br>8 am-12 noon | Click <a href="#">here</a> for times and venues |
| <b>Lunchtime Futures – Gadigal @ USYD</b> | Monday 21 October<br>1.20-2.10 pm   | Careers Office (U5)                             |
| <b>House Handball Round 1</b>             | Wednesday 23 October<br>1.20-2 pm   | Marian Clarke Plaza/Chapel Walk                 |

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| <b>House Badminton Round 1</b>   | Wednesday 23 October<br>1.20-2.10 pm        |  |
| <b>NAIDOC mufti day</b>  | Friday 25 October                           |  |
| <b>Yalari fundraiser barbecue</b>  | Friday 25 October<br>1.20-2.10 pm           | Order your sausage sandwich <a href="#">here</a> |
| <b>House Handball Round 2</b>  | Friday 25 October<br>1.20-2 pm              | Marian Clarke Plaza/Chapel Walk                  |
| <b>House Badminton Finals</b>  | Friday 25 October<br>1.20-2.10 pm           |  |
| <b>IGSA Festival of Speech</b>   | Friday 25 and Saturday 26 October<br>4-9 pm | MLC School                                       |
| <b>Saturday sport</b>  | Saturday 26 October<br>8 am-12 noon         | Times and venues TBC                             |
| <b>Women in Business Tech Breakfast</b>                                    | Tuesday 29 October<br>7-8.15 am             | Dining Hall                                      |
| <b>Music 1 and Music 2 (Year 12 2025)<br/>Performance Anxiety Workshop</b> | Thursday 31 October<br>1.50-3.25 pm         |  |
| <b>Year 9 Greek Theatre Evening</b>  | Thursday 31 October<br>5-7 pm               | Drama Studio                                     |
| <b>IGSA Gymnastics</b>   | Friday 1 November<br>7 am-3 pm              | PLC Sydney and Abbotsleigh                       |
| <b>Prefect Afternoon Tea</b>   | Friday 1 November<br>3.30-6 pm              | GLC and Marian Clarke Plaza                      |