

# The Shuttle

Time flies faster than a weaver's shuttle.

## Let's Bee Connected in a positive and respectful way

Mrs Megan Krimmer  
Headmistress

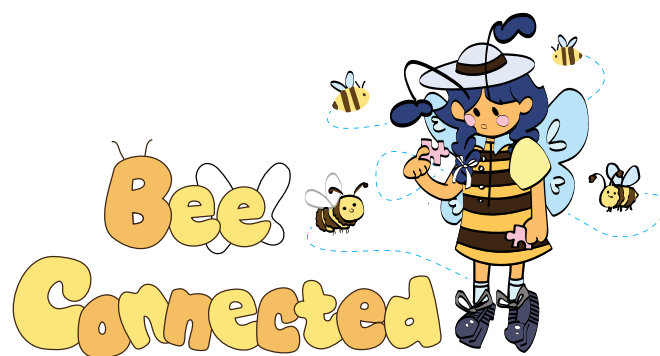
### Safer Internet Day at Abbotsleigh

The ever-changing world of technology, which has brought with it myriad devices that can do virtually anything, AI and so on, has expanded our world in so many positive ways, and I know that we are very grateful for the wonderful possibilities that technology brings. Indeed, just with the click of a few buttons or at the command of our voice, we can research, learn, study, complete university and other courses, meet with others all over the world, play games, share photos, videos and experiences, and undertake myriad other activities online. These are all fantastic activities in which we can be involved.

There are some provisos of course! Spending too much time staring at a screen is not good for anyone. Our girls need 'green time' as well as screen time, as do we. Exercise, communicating face-to-face, spending time and having fun together, as well as having enough sleep are just so important to be healthy – both physically and mentally.

The most critically important issue is that of safety, and the online safety of our girls is an area about which we must be vigilant at all times. Sadly, what is being experienced more and more around the whole world is that technology does have a very dark side, and together we must do everything we can to keep our daughters safe.

Safer Internet Day provides one of many opportunities for us to help us raise and address this crucial issue. In Junior School assembly last week, our Primary girls watched a great video from the eSafety Commissioner and I spoke with the girls, not only about using the phones their parents have given them safely, but also



ensuring that they use them with great care, and that any messages sent via text, email or any other means online must be kind and respectful. I also spoke about integrity. As you know, NO Junior School girl should be on social media as they must be 13 to access these apps. I asked any girl who had these apps on her phone to go home, talk to her parents and delete them.

This naturally applies to any Senior School girl who is under 13 as well, and of course, no girl should be charging any device in her bedroom overnight.

On Tuesday this week in Senior School assembly, our Prefects, led by Jazarah Tambyrajah, Nell Owen, Annabelle O'Hara and Reanne Alwis, gave an excellent presentation about 'beeing safe and respectful' online. I commend the girls' presentation to you.

In addition to the above, our Year 7-9 girls undertook internet safety workshops on Wednesday with 'YSafe'. The presentations were outstanding, and really helped the girls understand about 'beeing connected' online.

It is wonderful that at Abbotsleigh parents and teachers are all working together to help our girls use their devices in a safe and healthy manner. Ultimately, we all want our girls, your daughters, to live well, to reach their full potential, and to really flourish.

### Internet Safety Day assembly

#### JAZARAH

Good afternoon everyone! Today is Safer Internet Day so we are here to talk about how you can be safe and take care of each other over the internet – and 'bee connected' (to each other and the wifi)

I'm going to hand over to your execs who are going to talk through how you can connect, reflect and protect each other on the internet:

#### REANNE

Here is how you can connect safely online:

- Keep all your personal information private, including all passwords on any apps or even games.

- Make sure you are being kind and considerate to others online and treat them with the same respect and compassion as you would if you were in person.

### NELL

Here is how you can reflect before you act:

- Before you post, like or share content, think about how that will make others feel.
- Ask someone else if its ok to take or share photos or videos of them.
- Be curious about the online world. Ask questions about what you might have seen so that you can better understand the online world.

Here is how you can protect yourself and others by taking action:

- Be supportive if you see someone who needs help online. Offer your support and suggestions.
- If something feels off or you are unsure, ask a trusted adult for help to make sure you are staying safe and positive online.

### ANNIE

The internet is an amazing tool, but we must use it wisely. Today, I want to remind you of the power of BEE – seven simple ways to stay safe and kind online.

- 1. Bee respectful:** Treat others the way you want to be treated. Think before you comment.
- 2. Bee kind:** Your words have power – choose kindness always.
- 3. Bee resilient:** Not everything online will be perfect. Stay strong and don't let negativity define you.
- 4. Bee prepared to ask for help:** If something feels wrong, talk to a trusted adult.
- 5. Bee safe:** Protect your personal information and think twice before sharing.
- 6. Bee responsible:** Every post leaves a digital footprint. Post with care.
- 7. Bee an upstander:** If you see something wrong, stand up and speak out.

By following these, we can make the internet a safer, kinder place for everyone.

### JAZARAH

It's so important that we are being kind and respectful to each other on the internet. If you wouldn't exclude someone in person, or say mean comments to each other's faces, then why would you do it online? I encourage you to all think about the impact of your words before you hit that send button!

Thank you!

# Chaplain

## Love

Rev Sarah Hobba  
Senior Chaplain and Head of Christian Studies

Lots of red hearts, flowers and chocolates are given on this day to celebrate love. Valentine's Day, often celebrated as a day of romantic love, can be a challenging time for many who feel lonely or heartbroken. It's important to remember that human love, while it can be beautiful, is also imperfect and can sometimes lead to pain and disappointment. However, God's love is steadfast and unconditional, surpassing all human understanding. In moments of loneliness or heartache, we can find solace in the truth that God's love for us is eternal and unchanging.

This week, our boarders' chapel service reflected on God's love and compassion seen through the demonstration of Jesus, who loved his disciples 'to the end', washing their feet and going to the cross, even though some of them betrayed and disowned him. As we navigate the complexities of human relationships, we can rest in the assurance that God's love is greater, more fulfilling and perfect than any earthly love.



### John 13:1

Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

### John 15:12-13

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.

# Upcoming events

## WHOLE SCHOOL

<b>Carving Perspectives exhibition</b>	Saturday 25 January to Saturday 22 February	Grace Cossington Smith Gallery
<b>APR Term 1 meeting</b>	Thursday 20 February 8.30-10 am	Global Learning Centre (GLC), Senior School
<b>APA Term 1 meeting</b>	Monday 24 February 7-9 pm	Global Learning Centre (GLC), Senior School

## JUNIOR SCHOOL

<b>IPSHA Saturday Sport</b>	Saturday 15 February	Various locations – <a href="#">see team sheets</a>
<b>Year 6 Camp talk</b>	Monday 17 February 1.40-2 pm	JS Auditorium
<b>20 Camp talk</b>	Tuesday 18 February 1.40-2 pm	20 Classroom
<b>Year 3 Parent Morning Tea</b>	Wednesday 19 February 8-9.30 am	JS Library Plaza
<b>2G Camp talk</b>	Wednesday 19 February 1.40-2 pm	2G Classroom
<b>Year 5 Camp talk</b>	Thursday 20 February 2-3 pm	JS Auditorium
<b>Year 4 Parent Morning Tea</b>	Friday 21 February 8-9.30 pm	JS Library Plaza
<b>Year 3 Friendship Day</b>	Friday 21 February 8.30 am-12.30 pm	Year 3 Classrooms
<b>IPSHA Saturday Sport</b>	Saturday 22 February	Various locations – see team sheets
<b>Year 1 Parent Morning Tea</b>	Monday 24 February 8-9.30 pm	JS Library Plaza
<b>Year 3 Camp</b>	Monday 24 to Wednesday 26 February	Milson Island, Hawkesbury River
<b>Year 6 Camp</b>	Monday 24 to Friday 28 February	Canberra and Mt Kosciuszko
<b>Year 5 Camp</b>	Tuesday 25 to Thursday 27 February	Colo River
<b>Transition incursion</b>	Wednesday 26 February 8.30 am-2.30 pm	Abbotsleigh Centre for Environmental Education (ACEE)
<b>Kindergarten excursion</b>	Wednesday 26 February 8.30 am-2.30 pm	Australian Maritime Museum, Pyrmont
<b>Year 1 Maker Day</b>	Wednesday 26 February 8.30 am-2.30 pm	Junior School
<b>Year 2 excursion</b>	Wednesday 26 February 8.30 am-2.30 pm	NSW Schoolhouse Museum, North Ryde

<b>Year 4 Camp</b>	Wednesday 26 to Friday 28 February	Cataract Activity Centre
<b>Transition Teddy Bears' Picnic</b>	Thursday 27 February 8.30 am-2.30 pm	Junior School
<b>Kindergarten 'Grow your Mind' Day</b>	Thursday 27 February 8.30 am-2.30 pm	Junior School
<b>Year 1 excursion</b>	Thursday 27 February 8.30 am-2.30 pm	Australian Reptile Park, Somersby
<b>Year 2 Camp</b>	Thursday 27 to Friday 28 February	CCC Hawkesbury
<b>Kindergarten excursion</b>	Friday 28 February 8.30 am-2.30 pm	Calmsley Hill City Farm, Abbotsbury
<b>Year 1 excursion</b>	Friday 28 February 7 am-4.30 pm	Broken Bay
<b>NO IPSHA Saturday Sport</b>	Saturday 29 February	

## SENIOR SCHOOL

<b>Saturday sport</b>	Saturday 15 February	<a href="#">Click here for times and venues</a>
<b>Year 10 Information Evening and Family Barbecue</b>	Monday 17 February 6-8 pm	PDCH and Plaza
<b>Year 12 Parent/Teacher meetings</b>	Wednesday 19 February 3.30-8.30 pm	Via Zoom
<b>Year 9 yLead Day</b>	Thursday 20 February 8.25 am-3.50 pm	Sports Hall
<b>Year 12 AMGEN biotechnology experience incursion</b>	Thursday 20 February 8 am-4 pm	Science Classrooms
<b>Senior Drama production rehearsals</b>	Thursday 20 February 3.30-6 pm	Drama Studio
<b>Year 9 Commerce excursion</b>	Friday 21 February 12.45-3.25 pm	Westfield Hornsby
<b>Year 11 Ancient History excursion</b>	Friday 21 February 8.20-3.25 pm	Chau Chak Wing Museum, USYD
<b>Year 12 Ancient History excursion</b>	Friday 21 February 8.20-3.25 pm	Chau Chak Wing Museum, USYD
<b>ISDA Debating Round 2 vs St Luke's</b>	Friday 21 February 4-9 pm	Away
<b>Year 12 Parent Cocktail Party</b>	Friday 21 February 6.30-9 pm	Betty Archdale Library, Senior School
<b>Saturday sport</b>	Saturday 22 February	Times and venues TBA
<b>NSW All Schools Triathlon (individuals)</b>	Wednesday 26 February 8.20 am-3.25 pm	Sydney International Regatta Centre
<b>NSW All Schools Triathlon (teams)</b>	Thursday 27 February 8.20 am-3.25 pm	Sydney International Regatta Centre
<b>Year 12 Mother Daughter Breakfast</b>	Friday 28 February 7-9 am	Gymnasium
<b>Sisters in Sport Conference (Sport Captains)</b>	Friday 28 February 8.30 am-3 pm	Ascham School

