

# The Shuttle

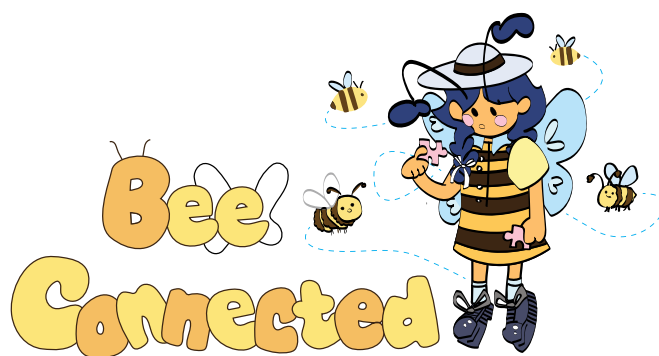
Time flies faster than a weaver's shuttle.

## Bee Connected through involvement in Co-Curricular activities

Mrs Megan Krimmer  
Headmistress

Our Senior School gymnasium was literally 'buzzing' with delight and excitement as our girls launched their Co-Curricular Fair at lunchtime today. Music blared, girls encouraged their fellow students to join clubs, competitions were held and much yummy food was consumed as the girls signed up to one or many different activities in which they will be involved either for a short period of time or for the year.

As you are aware, Abbotsleigh is renowned for providing a massive range of rich and diverse opportunities for our girls 'to do more so that they have the ability to be more'. Indeed, we educate the 'whole girl' Pre K-12, so that she



may develop her passions, broaden her horizons and develop into the best young person she can be.

In this week's Shuttle, our Director of AbbSchool and Senior School Co-Curricular Programs, Mrs Jasmine Palmer, has written a pertinent, research-based article about the great benefits that involvement in our highly developed co-curricular program brings to each of our girls – Pre K-12.

I commend Mrs Palmer's excellent article to you.

## Bee Connected through Co-Curricular

Jasmine Palmer  
Director of AbbSchool and Co-Curricular Programs

Life beyond the school gates is fast-paced, and the importance of fostering a sense of community, connection and belonging among girls cannot be overstated. Building meaningful relationships, developing a strong sense of identity, and feeling more connected to their school community, provides your daughters with great support during challenging times, and helps them to navigate the complexities of growing and developing in Junior School and adolescence in both the Junior and Senior Schools.

Co-curricular activities in schools play a vital role in achieving the above by providing students with opportunities to engage in diverse interests beyond the classroom. At Abbotsleigh, we are focused on creating these opportunities for learning beyond the curriculum, knowing that there is an important balance to be struck between academic work and co-curricular involvement, both of which have a very important role to play in developing young people.

Our girls are living in a progressive era, where earning a high ATAR score, a bachelor's or master's degree is no longer sufficient on its own. To best prepare them for the future and having greater success in their professional lives, our girls must possess other skills such as interpersonal skills, communication skills, leadership skills, management skills and teamwork.

Our co-curricular programs help our girls develop essential 'soft skills', such as adaptability, problem-solving and collaboration, which are highly sought after by employers in today's rapidly changing job market.

Universities and industry leaders, particularly in STEAM and engineering fields, are calling for students who are creative thinkers, who have had authentic experiences collaborating with others, who have the ability to engage the technical aspects, and who have had experience in developing non-technical skills in problem solving – all experiences that can be found and nurtured in our co-curricular environments.

The many great benefits of being involved in co-curricular activities are well documented and widely acknowledged, and the research is confirmed by our own observations at Abbotsleigh. However, some girls and their parents still think that engaging in such activities would negatively affect their academic achievement. As a result, students remain perplexed about whether to participate in co-curricular activities. The staff at Abbotsleigh want to dispel that ambiguity and encourage students to participate in at least one co-curricular activity per term, and we ask for the support of our parents to guide your daughters through this exploration.

Students who engage in co-curricular activities often experience better academic outcomes. Involvement in

co-curricular activities can ignite a student's passion for learning and foster a more positive attitude towards school, resulting in better learning outcomes, educational aspirations and overall academic achievement.

Our girls are so fortunate, and our staff are so generous that we can provide a co-curricular experience for every girl. Whether it be through sport, music, debating and public speaking, performing arts, creative arts, environmental groups, social justice groups, clubs or enrichment activities, our girls are given a place to discover their passions, while building connections within our community. These connections as we know, means we are never alone. We are part of something greater, and together, we are always stronger.

As educators and parents, we are responsible for encouraging and supporting our girls' involvement in co-curricular activities, helping them unlock their full potential and setting the stage for a bright and rich future.

I look forward to every girl across the school 'beeing' involved and connected through her participation in our rich and varied co-curricular program.

# Chaplain

## Joy

Rev Sarah Hobba  
*Senior Chaplain and Head of Christian Studies*

Joy and hope are at the heart of our learning framework. Joy is also deeply rooted in the assurance of God's sovereignty and grace. It is not just being happy, which is often dependent on external circumstances. Instead, is it anchored in the unchanging nature of God's love. Joy is sustained by the knowledge that, in Christ, we are reconciled to God and have an eternal hope that cannot be shaken. Even in trials and suffering, this joy can remain. Our Junior School chapel this week reminded us that the acronym JOY comes from Jesus first, Others second and then Yourself. We can have great joy, not from getting things ourselves, but by putting God and others first, and helping and serving them. As Senior School prepares for a week ending with our House Choir Competition, it's uplifting to remember the joy of singing that celebrates God's goodness.

### **Philippians 4:4**

Rejoice in the Lord always; again I will say, rejoice! Let your gentleness be evident to all. The Lord is at hand.

### **Psalms 95:1-2**

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song.

# Upcoming events

## WHOLE SCHOOL

<b>Carving Perspectives exhibition</b>	Saturday 25 January to Saturday 22 February	Grace Cossington Smith Gallery
<b>Safer Internet Day</b>	Tuesday 11 February	JS and SS
<b>APR Term 1 meeting</b>	Thursday 20 February 8.30-10 am	Senior School

## JUNIOR SCHOOL

<b>Year 6 Spit to Manly Walk</b>	Tuesday 11 February All day	
<b>Kindergarten parents morning tea</b>	Wednesday 12 February 8-9.30 am	Bundarra Lawn
<b>JS Diving Carnival</b>	Wednesday 12 February 12.30-3.30 pm	SS Aquatic Centre
<b>Transition parents morning tea</b>	Friday 14 February 8-9.30 am	Bundarra Lawn
<b>Primary Swimming Carnival</b>	Friday 14 February All day	SS Aquatic Centre
<b>IPSHA Saturday Sport</b>	Saturday 15 February	Various locations – see team sheets
<b>Year 6 Camp talk</b>	Monday 17 February 1.40-2 pm	JS Auditorium
<b>Year 3 parents morning tea</b>	Wednesday 19 February 8-9.30 pm	JS Library Plaza
<b>Year 5 Camp talk</b>	Thursday 20 February 2-3 pm	JS Auditorium
<b>Year 4 parents 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 noon	Year 3 Classrooms

## SENIOR SCHOOL

<b>Saturday sport</b>	Saturday 8 February	<a href="#">Click here</a> for times and venues
<b>Women in Design Breakfast</b>	Monday 10 February 7-8.15 am	Dining Hall
<b>Years 9-11 Design incursion</b>	Monday 10 February	iHub



<b>Year 9 Information Evening and Family Barbecue</b>	Monday 10 February 6-8 pm	PDCH and Plaza
<b>Lunchtime Futures – UAC</b>	Wednesday 12 February 1.20-2.10 pm	
<b>Prefect Service</b>	Thursday 13 February 8 am-2 pm	St Andrew's Cathedral
<b>Senior Drama production rehearsals</b>	Thursday 13 February 3.30-6 pm	Drama Studio
<b>Abbotsleigh Design Expo</b>	Thursday 13 February 5.30-8 pm	PDCH
<b>Year 7 Information Evening and Family Barbecue</b>	Thursday 13 February 6-8 pm	PDCH and Plaza
<b>ISDA Debating Round 1 vs Knox</b>	Friday 14 February 4-9 pm	GLC
<b>Saturday sport</b>	Saturday 15 February	Times and venues TBA
<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>Senior Drama production rehearsals</b>	Thursday 20 February 3.30-6 pm	Drama Studio
<b>Year 12 2025 Parent Cocktail Party</b>	Friday 21 February 6.30-9 pm	

