If you can’t figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.” Bishop T.D Jakes

For many of our students the common question ‘What do you want to be when you grow up?’ is difficult to answer. Not necessarily because they haven’t given it much thought but moreover as a result of the rapidly changing and ever dynamic world of work. Recent statistics suggest that fifteen year olds can expect to have more than 17 jobs in five different industries over their working lives. A scary prospect when you are unsure what your first job might be or whether it even exists!

It is also expected that our young people will need to have well developed enterprise skills, digital literacy, critical thinking, creativity, financial savvy, flexibility, the ability to work collaboratively but also be self-sufficient in order to thrive in a very agile workforce.

So how do we support our students develop their skills and, importantly, identify their passion?

Recent Parent Teacher Student conferences held last night and, for our younger students, throughout the week provide an important opportunity for teachers and parents to work in partnership to support our students in their academic endeavours. Parent Teacher Student conferences are an important time to celebrate achievements, identify passions and strengths and develop strategies that will lead to further improvement and success.

Similarly, recent subject counselling for our senior students, where the student is firmly in the centre of the discussion, encourages our young people to have a voice and play a pivotal role in planning their success and future pathways for the remainder of their schooling and beyond.

Professor David Lloyd, Vice Chancellor and President of the University of South Australia, provided an interesting insight into the transition from School to University during his recent keynote at the Association of Heads Independent Schools of Australia Conference. When asked about the importance of the Australian Tertiary Entrance Rank (ATAR), Professor Lloyd shared his concerns about the perceived pressure on our young people to enroll in courses that closely matched their tertiary entrance score rather than perusing study where their passion truly lies. Professor Lloyd believed that some students who attain a high ATAR can feel compelled to use up all their “credits” therefore often enrolling in tertiary study that is unlikely to be personally and professionally rewarding.

Educators have known for a long time that students are more likely to be successful, gain a strong sense of purpose and experience success, when they are engaged in tasks that they are passionate about.

The opportunity to regularly engage our students in meaningful conversations about their learning will not only serve to support their progress academically but help to identify their passions, leading to the pursuit of their chosen career.

Greg Atterton
Deputy Principal

To comment on this article use this link to go directly to the Principal’s Blog:
Reconciliation Action Plan Opportunities

Educators at Pulteney share a responsibility to teach our students about Aboriginal and Torres Strait Islander histories, cultures and perspectives as an important part of our shared national identity.

Year level curriculum documents, written by Aboriginal educator Garry Passmore, are distributed to teachers each year for curriculum planning to embed and integrate across key learning areas. This assists our students to increase their knowledge.

At Pulteney, we consider inclusive policies by including Garry Passmore’s Aboriginal Culture Curriculum and Jack Buckskin’s knowledge, to ensure we provide an authentic learning environment for our Aboriginal and non-Aboriginal students.

Acknowledging Kaurna land in Kaurna language at assemblies and Chapel is another way Pulteney is presenting our inclusivity in our communications.

Regular information about our reflection on progress made in the growth of knowledge and pride in Aboriginal and Torres Strait Islander histories, cultures and perspectives is essential and this progress should be celebrated. Articles for PRW publications, news@pulteney, Reconciliation Week celebrations and activities, media coverage, upcoming events, artwork, photos of RAP projects and initiatives are ways we share our work with the school community.

Briony Franklin
Year 1 Teacher Kurrajong
Wellbeing - Preventive Psychology

Pulteney Grammar School has a proud tradition of academic excellence. However, the School also strives to ensure that the students within its care are provided with an emotional ‘education’ as well. In fact, this intent is so integral to the belief and foundations of the School that it is a cornerstone of its Strategic Priorities. The first of these priorities seeks to develop engaged motivated and resilient students, with the key goal being to support student wellbeing.

Throughout this year, I have been honoured to attend two conferences focussed on providing knowledge and skills to educators and other stakeholders on the issue of how to enhance the wellbeing of students. These conferences were the 2016 ACER Excellence in Professional Practice Conference (Melbourne) and the 2016 AHISA Leading, Learning and Caring Conference (Adelaide). More pleasing was the fact that I was invited to host sessions within these respective conferences as a means to show Australian and global practitioners the fine work Pulteney is doing on the issue of student wellbeing. This in itself has also supported the Strategic Priorities of the School (Priority 3: Skilled Passionate and Committed Staff and the key goal to promote collaborative educational leadership and enrich the quality of teaching through innovation).

The topic of my presentation was concerned with revolutionising the one ninety Pastoral Care system and ensuring that Pulteney students are exposed to a Pastoral Care curriculum which teaches them the importance of wellbeing and equips them with skills to identify and improve their own. The title of the presentation was ‘An Enlightening Journey: Revitalising Senior School Pastoral Care’. I was proud to share the stage with Dr Tom Nehmy. After working as a clinical psychologist for years in government, corporate, and private practice environments, Dr Nehmy became concerned at the number of clients (children and adults) who exhibited similar signs of unhelpful thinking and behaviour that could have been prevented.

“Many of these clients presented in distress, seeking help from me in remediating their depression, anxiety, or some other problem. I couldn’t help wondering: what if these people had the skills and knowledge that would help resolve their distress before their problem arose?”.

This question fermented into a passion for preventive psychology.

Essentially, Dr Nehmy and my presentation addressed the notion that many school programs do a wonderful job in assisting students who have been diagnosed with anxiety related issues after they have been diagnosed and/or once they are in the maelstrom of the dilemma. However, our contention is that students should be explicitly exposed to knowledge and skills which will help them prevent the onset of these mindsets in the first place (at best) or progressively acknowledge and understand what they are experiencing if they unfortunately do find themselves in an unwelcome mindset.

Prevention models have provided great success to many physical ailments (penicillin, toothbrush, seatbelt), but they have been rarely adopted in regards to mental disorders (depression, anxiety). Therefore, the concept that Dr Nehmy and I hoped to foster within the students is based on ‘psychological immunization’. If teaching certain ‘healthy’ skills seemed to help people in therapy no matter what their type of psychological distress – would it be possible to immunize people against developing them in the first place?

Dr Nehmy and I explained to conference attendees that we worked with Year 10 students for a number of sessions with specific content based on:

- Demystifying anxiety
- Understanding stress and using it to your advantage
- Regulating emotion and building psychological muscle
- Challenging perfectionism
We were thrilled with the initial results, which are reflected in the data gathered below:

• “Did you get something useful out of the sessions?” 84% Yes
• “Would you recommend the ‘Essentials’ sessions to others?” 84% Yes
• “Do you think it will assist you in managing your mental health?” 74% Yes

These initial lessons and programs which have been delivered to students have met with great success and, via our invitations to present on the findings, wide acknowledgment and recognition. We are therefore excited and committed to grow the program and continue to provide our students with both a world-class academic education and a superior emotional base.

Nicholas Brice
Head of one nintey

Tournament of Minds 2016

The Tournament of Minds Team has been working very hard on their long term problem for the last six weeks, as well as practising spontaneous problems each day. The students will present their Engineering/Mathematics challenge and answer their spontaneous problem at Flinders University on Sunday, 11 September. On behalf of Pulteney Grammar school and the community I would like to wish the Tournament of Minds team all the best on Tournament day.

Prep Engineering/Mathematics Team
Madison Schubert 6A
Christian Bizot 6A
Fraser Brion 6V
Emma Neuhaus 5A
Eliza Button 5B
Oscar Mitchell 4M
Riley Brion 4M

Sue Mavropoulos
Tournament of Mind Coordinator and Facilitator for the Prep School

Taekwondo Champ

Gwynne Martin (11MSA) recently travelled to Bendigo to participate in the Australian Taekwondo National Championships where she won the Female Junior Gold Medal after 3 days of competition.

Gwynne joined the Adelaide Taekwondo Academy (ATA) at the start of 2015 as a way of keeping fit. As a child she had always wanted to take part in martial arts, and finally took up the challenge approximately 18 months ago. Gwynne Martin joined the ATA as a beginner (white belt), and since then has trained hard to become a yellow belt, and is now competing as a blue belt. This means that she is well on her way to becoming a black belt (white --> yellow --> blue --> red --> black).

To achieve this level of success, Gwynne has been training extremely hard, four nights a week, and also on Saturdays. Throughout the week Gwynne participates in traditional classes where discipline and self-defense aspects of Taekwondo are taught and where progress is made on the path to becoming a black belt. To assist with her fitness and boxing technique she also does boxing classes. Gwynne believes the most important sessions that help with her development are those with full contact and sparring. These sessions have her regularly pitted against national and international level black belts and assist with learning game tactics are specific skills relevant to sparring.
This is Gwynne’s first year competing, as a coloured belt her options in Adelaide are limited however, after competing in several state training sessions, she qualified for the South Australian selections and ultimately the national titles after claiming a Silver Medal in these state trials.

At the national championships Gwynne fought as a Female Junior (15-17) Blue belt < 63kg competing against people in this division from all over Australia.

Nationals are a vital competition for Black Belts, as winning gold allows them to qualify for the ‘Oceania Championships’ to be held in Fiji this year, and also for the ‘World Junior Championships' which are being held in Canada. As a Blue Belt, this competition was a great experience and can pave the way for Gwynne to be part of a development squad.

During these championships Gwynne competed in several fights before getting through to the finals and did brilliantly in each bout.

Although taekwondo isn’t the most well-known sport, Gwynne believes that is has a lot to offer those involved including physical fitness, coordination and concentration. She feels that Taekwondo teaches respect for self and others, discipline, confidence and anti-bullying ideals and the lessons learned in her chosen sport can help in and out of the classroom. Gwynne highly recommends it to anyone of all ages and abilities, including students, parents and teachers.
Pulteney Equestrian Team

Congratulations to Abi Lewis (Year 6), Courtney Munro (Year 7) and Grace Neuhaus (Year 8) who have all represented Pulteney this year in a range of Equestrian events across South Australia. Recently Abi and Grace both competed in the Strathalbyn Inter School show jumping competition. There were around 200 competitors from 40 schools participating.

Courtney and Abi are off to Sydney shortly to participate in the Nationals with the SA Schools Team at Sydney International Equestrian Centre. Both girls have performed admirably this year resulting their selection in the squad.

We wish all 3 girls the best of luck with their upcoming competitions

If any other students in the school are currently involved in Equestrian activity we would love to hear from you. Please don’t hesitate to contact me at nik.sacoutis@pulteney.sa.edu.au
Old Scholars Vs Senior Students Sports

The Old Scholars Association invites senior soccer (boys and girls), football and basketball players to an Old Scholars Sports Day on Sunday 11 September. Mixed teams of oldies and students will play football, soccer and basketball games on the parklands and in the gym. Players are asked to wear their School kit, football start time is 11:00am others start at 11:30am – with a barbecue afterwards! Contact Richard Sexton with any queries.

We hope to see you there!

Richard Sexton
Community Relations

The Great Debate

Don’t forget to get your tickets for The Great Debate on Saturday 22 October, 6pm to 8:30pm at Pembroke Senior School. Only $20 for a wonderful evening to celebrate with delicious food, drink (including champagne) and a debate!

Purchase your tickets at https://www.trybooking.com/MLUP (click the green button at the bottom of the page) or at debating events.

Speakers

Three distinguished Adelaide speakers will join us for the evening’s debate on the hotly contested and age-old controversial topic, “That age and treachery will always overcome youth and naivety.”

1. The Honourable Rev Dr Lynn Arnold AO, Former Premier of South Australia and current Assistant Priest at St Peter’s Cathedral, Adelaide.
2. Professor Rick Sarre, Professor of Law and Criminal Justice at the University of South Australia
3. Dr Manuela Klingler-Hoffmann, Senior Research Fellow at The University of Adelaide.

They will debate a team of three excellent school debaters.

1. Aasma Chougle, Adelaide High School
2. Julia Cretan, Pembroke School
3. Henry Saxon, Pulteney Grammar School

Reserve: Ned Feary, Pulteney Grammar School
From the Chaplain

Father’s Day and Radically Inclusive Community.

Last week’s chapel celebrated Father’s Day. This is not without risk, as some fathers are absent for a whole lot of heart aching reasons. Overwhelmingly though, there was a lot of joy to be shared. The reading Luke 15:11 The Parable of the Prodigal and His Brother is text that is generally taken to be an exploration of the generosity of a father’s love, a metaphor for God’s love. Some say that being a father is a holy activity that requires a great deal of strength and faith.

Interestingly, while this reading is not usually used at this time of the year, it is part of a trio of parables which are. Next Sunday people in churches will hear The Parable of the Lost Sheep and The Parable of the Lost Coin. Taken together these readings are a powerful illustration of the significance of community, and emphasise the unconditional importance of every single member of a community. The parables together challenge us not to be content with the status quo, rather we must strive for everyone to be included, cared for and to belong.

When preparing for chapel I came across a reference to JRR Tolkien’s fictional middle earth characters, the Hobbits. When Hobbits celebrate a birthday they do not receive gifts, instead they give gifts and throw a party. The emphasis of celebrating is in giving, not receiving.

So today’s reading has a young son too impatient to wait for his dad to die. He heads off to a version of a first century Las Vegas, squanders his money and braces himself for humiliation when he decides to return home. Nothing could be further from the truth. His father immediately greets him and a shindig of biblical proportions is organised.

Now a very safe and self-contained Father’s Day reflection would end here however what do we make of the really narked older brother. What is really going on here? The older brother is assured by his father that he will not miss out on anything, not love nor money, but still he is not satisfied. Our attention needs to be turned to the father’s love and bounty. There is plenty to go around. No one will run short. It is in fact not the younger brothers party, it is the fathers party.

Often our human world is distorted by a false gospel of scarcity. It is what makes rich people richer and what gives people who exploit others, power that they do not deserve. It propels us to consume and often spend money and personal energy on things that do not have real value. The Parable of the Prodigal and His Brother is about God’s/A father’s life giving love and mercy.

In the Old Testament we can read of an ancient world’s peoples who were lost, mired in sins of sensuality, self-pity, loathing, greed and self-referential resentment. People we hip deep in the ‘pig slop’ of envy.

God reached out to those people, and in the life, death and resurrection of Jesus, raised everyone up. So it can be with love and our own community.

Dear God,

Help us to know your confidence of our innate value in this world.

Guard us against trying to make ourselves feel superior at the expense of others.

Help us to see the strength that comes from being joyous, generous to others and justly proud of who we are.

Amen.
Confirmation

Pulteney Grammar School Confirmation Service, Robert Henshell Gym, Friday Term 3, Week 9, 23 September, starting at 8:50 am. All members of the Pulteney Community welcome.

Confirmation is a formal celebration of a young person taking on the responsibility for their faith development that their parents and god parents promised to undertake at their infant baptism. At baptism all Parents and Godparents undertake to support the child’s faith journey and this includes supporting them in confirmation.

Magdalene Centre

The Pulteney community continues to be generous in its regular contributions. Along with non-perishable long life food, blankets, scarves and beanies are also greatly appreciated at this time of the year to help homeless people sleeping rough at this time of year. Donations can be brought to the Chapel Foyer. Baskets have been labelled so that we can sort and care for your donations.

Chaplaincy Contact

I can be contacted at any time, email michael.lane@pulteney.sa.edu.au
mobile 0434 297 879 office 8216 5512

Deep Peace,

Michael

Futures

Information on Careers is located on our School website at http://www.pulteney.sa.edu.au/students/futures/

The following topics are covered this week:

• TAFE SA – applications open Monday 19 September
• TAFE SA University Pathways
• Year 12 SATAC applications
• Special Tertiary Admissions Test (STAT)
• University Bonus Points Scheme – 2016+ entry
• 2017 New University Courses
• Flinders University Tonsley Campus – Open nights
• Pathways to South Australian Universities
• Academic Ranking of World Universities 2016
• Useful websites for exploring careers
• Careers in Nuclear Medicine
• Careers in Sport
• Careers that started in science
• Maths Ad(d)s – an online career resource
• Studying in the UK
• Australian Veterans’ Children Assistance Trust: 2016 Scholarships and Bursaries.
• C.A.S. Hawker Scholarship
• University of Melbourne
• Endeavour College of Natural Health Scholarship Program
• VET (Vocational Education and Training) Courses – DUE FRIDAY 9 September
• Gap Medics Australia
• Adelaide College of the Arts: Dance Auditions
Leeanne Johnston-Bryan  
Coordinator of Futures

If you have any questions concerning careers or related topics, please feel free to contact me on leeanne.bryan@pulteney.sa.edu.au or 8216 5553.

Senior School Sports Photos

Sports and Activities Photos – 13 September

Sports and Activities photos for students in year 7-12 will take place on Tuesday 13 September in the gym. Please visit:  
[http://www.pulteney.sa.edu.au/community/sports-and-activities/](http://www.pulteney.sa.edu.au/community/sports-and-activities/) to access the photo schedule. Students are instructed to make note of all their photo times and arrive 10 minutes prior. They must be dressed in the correct attire.

Prep School Sports Notices

Little Athletics – Adelaide Eagles

WINTER

Until the end of September, running training is held on a Thursday from 4.30pm – 5.30pm. Aimed at cross country (mid-long distance) running. Children are welcome to come and try for free for the entire month. Their parents just need to sign them up first at: [https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=20258&OrgID=20482](https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=20258&OrgID=20482) (or more simply salaa.org.au/Centres/Come-and-Try and choose “Adelaide Eagles”).

Children can come and try for free, all of September and then from October we revert back to our usual two free come and tries.

SUMMER

From October-March we change over to:

- Monday training: 4.30pm and 5.30pm (come to one session or both). Children do the full run, jump, throw with the training program changing slightly each week to reflect our events at the upcoming meet on Friday night. We have trained coaches who run this and everyone is police checked.
- Friday competition meet: 5.30pm set up for a 6pm start. Ages 3-17.
Prep School Sport Results

**Soccer**
Year 4 Girls drew with St Peters Girls 1-1
Year 5/6 Gold Girls - Bye
Year 5/6 Navy Girls defeated St Andrews 3-0

**Football**
Year 2 PGS defeated Burnside
Year 3 PGS defeated Linden Park
Year 4 PGS 2-4-12 were defeated by CBC 12-7-79
Year 5 PGS 9-5-59 defeated Burnside 4-13-37

**Netball**
Year 2 Navy drew with St Therese 2-2
Year 3 Blue defeated Concordia 3-2
Year 3 White – Bye
Year 4 Gold were defeated by St Raphaels
Year 5 defeated Westminster 27-5
Year 6 defeated Westbourne Park 18-16

**Hockey**
Yr 3 Blue defeated Gilles St 3-1
Yr 4 White were defeated by St Ignatius 0-3
Yr 5 Gold were defeated by Scotch 0-9
Yr 6 Navy - Bye
21, 22 AND 23 SEPT 2016

Youth Workshops for academically gifted students in years 8-10
held in state-of-the-art facilities at Flinders University

Schools and families are invited to nominate gifted students from Years 8 to 10 who would benefit from in-depth workshops led by experts in their field. Students passionate about creativity or sciences are especially encouraged to attend this year.

There will be a variety of topics to choose from including: Animations, Creative Writing, Engineering, Genetics, Law, Robotics / Solar vehicle and Space.

Date: 21, 22 and 23 September, 2016
Time: 9:30-4:00pm
Cost: $195 for 3 days of workshops and course materials. Special financial consideration may be given to country students and students who would be precluded by financial constraints.

Cost for family or school members of GTCASA: $160 (GTCASA membership number will be required).

To register your interest: please send the following details to youthworkshops@live.com.au
• School/family name and postal address
• Contact name, e-mail and telephone number/s
You will be sent a nomination form plus detailed information about the range of workshops being held.
Alternatively, register online here:
The Geosciences Summer School is being offered to students currently in Years 9, 10, 11 or 12. Participants’ awareness of planet Earth and career paths will be increased through working with professional geoscientists from the Department of State Development, University of Adelaide, TAFE and the Resources industry. The course will culminate with a visit to an operational gold mine.

Twenty places are available. The Geosciences Summer School is being funded by Department of State Development, Mineral and Energy Resources group under the South Australian Government’s PACE Frontiers Initiative.

Students who are not able to take geoscience courses at school will find this a useful insight into TAFE or University courses and the resources industry. Some schools may wish to identify this as work experience placement.

Program
Through lectures, practicals and fieldwork, participants will learn about:
- Planet Earth’s formation and evolution
- Mineral and energy resources exploration methods
- Age dating rocks
- Paleontology
- Field mapping rock formations
- Geothermal energy
- Mining engineering
- Analysis of diamond drill core
- Environmental management in mining
- Earthquake seismology
- Gemmology, crystallography and mineral identification
- Operating gold mine, site visit, including process workings

Applications must be received by 4 November 2016.
All applications will be acknowledged.

Post or email applications to:
John Mignone
State Drill Core Library
Community Education Service
GPO Box 320, Adelaide 5001
Email: John.Mignone@sa.gov.au
The Pulteney Foundation
Golf Day

Kooyonga Golf Club on
Friday 9 September, 2016
Tee off at 12.30pm

To book go to
www.trybooking.com/DNKL

Get your team together now.
All students, parents & friends are welcome.

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<tr>
<td>7.00 pm</td>
<td>Theatrette</td>
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<td>7.30</td>
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<td>Presentations on Larapinta Trail</td>
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<td>8.30</td>
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<td>Pulteney Challenge activity For bonus points</td>
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Pulteneyfest
THE LONG LUNCH

OCTOBER 23 2016

12 for a 12.30pm start
Robert Henshall Sports Centre, Pulteney Grammar School

$120 Early Bird (pre 10 October)
$150 (on or after 10 October)

www.trybooking.com/CTIX
Quad Café

The Quad Café will be held in The Kurrajong undercroft this Friday.

The Quad Café provides an opportunity for parents to catch up at drop off over a coffee.

When: Friday Mornings during Term 8.00am to 9.00am

If you are available to assist, please contact Cate Boucher on 81135636 or cate.boucher@pulteney.sa.edu.au

Sundowner

Friday 16 September from 5.30pm Sam Leaker Courtyard (rear of Allan Wheaton House)

The Sundowner provides a chance to catch up with old acquaintances in a friendly and familiar environment. We encourage Old Scholars, Members of Old Scholar Sporting Teams, Parents and Staff, past and present, to come along. Partners and children are most certainly welcome.

There is no cost to attend. Nibbles will be supplied and drinks can be purchased from the bar.