From the Principal

One sees great things from the valley; only small things from the peak. Gilbert K. Chesterton

During Term Two I had the distinct privilege to meet with all Year 12 students in their House Groups over lunch. It was an opportunity for me to hear our most senior students reflect on their time at Pulteney Grammar. Each year, I ask students to consider the following:

• What are their plans for their future?
• What are the strengths of our school?
• What do they hope will remain the same at Pulteney as years go by?
• What would they like to see change or improve?

The word cloud below highlights the key strengths identified by all four groups of Year 12 students in their conversations with me and with each other. The size of the word indicates the frequency with which that word was repeated across the four meetings. It certainly confirmed for me that our students are strongly connected with their school and this connection stems from the strong relationships formed between students of all ages, teachers and parents.

The Year 12 students also provided thoughtful and rigorous feedback on the opportunities they recognise for Pulteney. This information closely matches the feedback received to date from the consultation sessions run by MMG Education to inform our strategic planning.

All Parents, Old Scholars and Staff have received a link via email to a comprehensive survey. Soon, all students in Years 7 to 12 will receive their surveys.

I encourage everyone to ensure they participate in this opportunity. Whilst the survey is extensive, it can be completed in stages and it will provide us with valuable insights and feedback to help plan for our future and achieve continuous improvement.

Anne Dunstan,
Principal

To comment on this article use this link to go directly to the Principal’s Blog: http://www.pulteney.sa.edu.au/our-school/principals-message/principals-blog/
From the Head of Middle School

Year 8 Healthy Minds

Last Wednesday the Healthy Minds wellbeing program was launched with a Year 8 parent information evening. The award-winning Australian Psychologist, Tom Nehmy, the developer of the ‘Healthy Minds’ program, described the journey that led him to research and create the first truly preventative psychology approach to a wellbeing program for schools.

Tom outlined the 8 week program explaining the science and research that forms the basis of the program and its goals. The program will allow students to learn how to develop and maintain a healthy and balanced emotional life. The course teaches students the skills associated with emotional wellness and resilience, and encourages students to have a healthy mind in order to be the best they can be at school.

Each week this term Tom will present to students. The Year 8 Home Group teachers, who have been trained in the program, will then further develop the themes during their wellbeing lessons.

Some of the topics to be addressed in this course will include:

- Perfectionism
- The value of mistakes
- Benefits of imperfection
- Being flexible
- Effect of thoughts and feelings on behaviour
- Challenging the perfect ideal
- The function of emotions
- Emotional and behavioural avoidance
- Reactionary behaviour
- Helpful thinking
- Overcoming obstacles
- Procrastination
- Over-commitment
- Stress and Self-criticism
- Motivational enhancement

Through the exploration of these topics, students will gain an appreciation of the challenges they will face in their everyday lives, and gain the skills necessary to be better equipped to attain a healthy mind and balanced life.

The Year 8 Healthy Minds course will run throughout Term 3 during Year 8 wellbeing lessons.

Information about Tom Nehmy and the Healthy Minds program can be found on his website [http://www.healthymindsprogram.com.au/about](http://www.healthymindsprogram.com.au/about). A further opportunity for parents to hear Tom Nehmy speak about the Healthy Minds program is planned to occur toward the end of this term.

Year 9-10 Information Evening

The first step in the transition from Year 9 to Year 10 occurs with the student and parent information evening this Thursday (30 July) at 7pm in Wyatt Hall. Information around subject selection, SACE structures and options, and the subject selection counselling process will be outlined. This will be an important evening for Year 9 students and their parents to attend.

Year 9 City Week

In Week 9 of this term our Year 9 students will be busily researching some aspect of the city or city life as part of City Week. In groups of three or four, students with guidance from a teacher mentor, will have to decide on a research topic on an issue or aspect of interest about our city. Their research must examine the past, the present, and develop a plan for the future.

Go to: [www.facebook.com/pulteney](http://www.facebook.com/pulteney) and click the like button.
It must utilise a mix of primary and secondary sources including interviews and surveys.

On Wednesday evening of Week 10 (September 23), the City Week Expo is to be held. The Expo is a display of all that the students have learnt and discovered during the previous week. Parents and guests have the opportunity to view the displays and question the students about their research topic, their research approach and their findings.

Mr Johnson, who is organising City Week, will outline the City Week program and some exciting new initiatives in a letter to parents. Year 9 students will be provided information and begin preparations for the event within the next few weeks.

Year 7 Student Led Conferences

In Week 8 this term we are introducing student led conferences, as the alternative to the traditional parent/teacher interview with our Year 7’s.

Student led conferences have been introduced in Kurrajong and Prep and our aim is to follow suit with the Year 7’s. Student led conferences encourage students to reflect on their learning and will help develop their ability to articulate their strengths, their challenges and learning goals. It will help develop a dialogue between parents and students about learning. It promotes student self-assessment of learning targets and further develops ownership and understanding of the learning process, making the learning process student-centred rather than teacher focused.

Within the next few weeks further information will be provided to parents regarding the purpose of student led conferences and how they will be organised.

Paul Ryan,
Head of Middle School

From the Chaplain

‘Rhythm in Life’: striving for a balance so that important ministry is never overlooked?

No act of kindness, no matter how small, is ever wasted.

Aesop

Last week in chapel we read from Mark’s Gospel 6:30 -34. In this reading Jesus encourages the disciples to come away and rest yet he, seemingly distracted, continues to work at teaching and healing. This proved to be a powerful text to reflect on at the start of term.

‘For many were coming and going, and they had no leisure even to eat’. This phrase from the reading manages to capture a very modern dilemma. There are times where we allow our busyness to distract us from important things in life, things as basic as taking time to eat well, taking time to gather and eat together. Recent studies about the wellbeing of young people provide empirical evidence for what we all know to be true - families who make sharing meals together a priority enjoy a range of improved wellbeing indicators.

However this is gospel in not just a straightforward text that would support any single argument, for example the importance of keeping a strict Sabbath. We know the reality of living with the fact that despite all that we do to meet the needs of others, many other pressing needs will go by unattended.

The gospel clearly presents a scenario where there is much teaching and caring to do however the need for rest must also be a priority. We need times when we return from our individual activities and reform and renew ourselves as the ‘Body of Christ’. How can we best be Christ’s hand and feet in this world if we allow our busyness to distract us from spending time in spiritual and holy rest, rest that allows to better minister as parents, teachers, friends, seekers of justice, care and healing?

This text us assures us that we should never be distracted or discouraged by this reality. There
is no easy solution. Anyone pedaling an easy, single faceted solution is a distraction.

There is much suffering in the world and there is a great need for healing. Mark’s gospel constantly reminds us that the people seek the opportunity be made whole through an encounter with God.

We need to be confident that people outside our community see and recognize Christ’s healing presence within our community. We belong to the world. Jesus and his disciples encounter people as they make their way in the world. So it is for us.

“Christ has no body now but yours. 
No hands, no feet on earth but yours.

Yours are the eyes through which he looks compassion on this world.Yours are the feet with which he walks to do good.

Yours are the hands through which he blesses all the world.

Yours are the hands, yours are the feet, yours are the eyes,
you are his body.

Christ has no body now on earth but yours.”

Teresa of Ávila

Preventing for Confirmation, Baptism

If you or anyone in your family is interested in exploring any aspect of the Christian journey please contact the chaplains. Bishop Chris McLeod will lead the Confirmation Service: Robert Henshall Sports Gym, 9.00 Friday 11 September.

Magdalene Centre

The Pulteney community continues to be generous in its regular contributions. The Senior School successfully added to this appeal. 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, phone 8216 5512 / 0434 297 879 or contact the school office

Deep Peace,
Michael

Winter Intercol 2015

The 2015 winter Intercollegiate competition against Scotch College will be held from Wednesday 19 to Saturday 22 August and will be hosted by Pulteney this year. A range of teams across all year levels will be representing the school on the day. All senior 1st teams will play for Intercol shields, currently narrowly held by Scotch College. I encourage all to get along on the day to support our students.

Winter sports presentation dinner

The annual Winter Sports Presentation Dinner will take place on 22 of August (Intercol evening) at the Glenelg Surf Life Saving Club. It would be great to see all students involved with our senior sporting teams, and parents, attend the evening, which will include all trophy presentations. Information regarding the dinner can be found either in the PRW or by contacting myself on the email below.

Friends of Pulteney

Friends of Pulteney meetings are held monthly, 7:30pm.

Minutes and Agenda’s for these meetings are emailed to the committee the week prior to meetings.

If you would like to receive minutes via email please contact cate.boucher@pulteney.sa.edu.au
All bookings [http://www.trybooking.com/LOW](http://www.trybooking.com/LOW) must be confirmed Mon 17th August 12.00pm.

Nik Sacoutis,
Head of Sport
nik.sacoutis@pulteney.sa.edu.au

Wellbeing

The Antidote to Fear

Not so long ago I wrote a few articles in relation to a workshop I attended this year on Acceptance and Commitment Therapy (ACT). The premise of those articles was as long as you fixate on trying to control how you feel, you will be trapped in an endless cycle of increased suffering. I also discussed how we can use ‘Defusion’ and ‘Acceptance’ techniques to better handle unpleasant thoughts and feelings, whilst living a rich and meaningful life in line with our values.

Today I want to talk about fear. At some point, we all experience fear in our lives, and in many cases it is a vital response to physical and emotional danger. Think of the fear you would experience if you saw a snake in your house. Your mind would probably be generating the thought along the lines of “watch out - run!” in order to keep you safe. Unlike many years ago when only a few threats existed in our ancient ancestor’s lives; we live in a world riddled with potential threats, and our minds are constantly on the lookout to warn us about them. It is through this warning process that people can begin to develop unwarranted fears.

On occasions, our minds will experience a ‘glitch’ and misinterpret a threat which is far from a life or death situation. As a result, we often hang back and avoid whatever it is that we are fearful of. In this moment, we lose our ability to rationalise and distinguish what is and is not a legitimate threat. You see, in the midst of this ‘glitch’, our minds operate irrationally and at an extreme. Rather than generating thoughts such as “even if I make a few mistakes in my presentation people will understand – after all, everyone is human”, it makes comments such as “I can’t do this! Everyone will snigger and laugh at me if I stuff up, I’ll be the joke of the workplace.” So when do fears become an issue? Fears become problematic in our lives when they cause tremendous anxiety and interfere with your normal functioning.

A common response to fear is to not only avoid the thing you are fearful of, but to ruminate on your thoughts regarding it. When we get stuck ruminating on thoughts this can lead to a state of paralysis - hence the term ‘paralysis by analysis’. In this state, people are incapable of making a decision or taking effective action regarding the issue it is they fear.

When I was younger, my father would tell me that fear was simply ‘False Evidence Appearing Real’. Now that I am older and a little wiser, I find myself truly appreciating the level of understanding in this acronym. Many of our fears are indeed based upon false evidence generated by our overactive minds which are designed to keep us safe!

I have since acquired a useful technique to apply when confronted with fear. Through ACT, I have learned that the antidote to fear is to DARE:

D - Don’t buy into your thoughts. Thoughts are simply just thought’s, bits of language, nothing else. All too often we take what our mind has to say as gospel. ‘Defusion’ exercises are an excellent skill to facilitate this concept.

A - Acceptance. Accept the unpleasant feelings that accompany the situation and be willing to experience them. You don’t have to like or want them, but practice just letting them be. ‘Mindfulness’ exercises are a great skill to help one be present in the moment and facilitate acceptance.

R - Set realistic goals. If the goal is too difficult, break it down into smaller chunks. If the
goal is truly impossible then set a new one.

**E** - Embrace your values. Connect with what matters about the goal you want to achieve. Is your goal meaningful and in line with your values? Does this goal help you to become a better person or be the person you aspire to be? Is it moving you forward in the direction you want to be going?

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Chris Clements,
School Psychologist,
Wellbeing Team

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**Coding in the Early Years**

It is hard to imagine what the world will be like when our children enter the work force. As technology becomes a part of our everyday lives, it is clear that we need to teach our children how to tap into the use of technology, to enhance the way we approach tasks and the outcomes we want to achieve.

Our aim is to provide our students with enabling environments that allow our students to make the choice of whether or not technology is going to be the best tool to use to achieve the outcome they want to achieve. By allowing our children to understand where we want to guide them in their learning and why we want them to achieve a goal, gives meaning to their learning and allows them to independently choose how they are going to get there.

The introduction to 1:1 iPads this year in Kurrajong has been an exciting journey that we have only just begun. Research shows that with correct use and implementation of these devices, that students are likely to become more engaged in their learning but it was not until this was put into place that the evidence became quite apparent.

Why teach children how to code? Coding skills can be invaluable skills for our children’s future. The simple use of basic algorithms to the more technical computer science programming are all fundamental skills that can be used in such a wide variety of tasks. We currently live in a world where there are millions of unfilled jobs in this industry. Our country is having to source employees from abroad and these positions only look to increase at a steady rate. By teaching coding skills in the early years we are setting our students up to not only have the knowledge base to use these skills in their everyday lives but to open up their choices of employment later down the track.

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Kate White,
ICT Leader

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**References**

Cowen, T 2013 Average is over: Powering America Beyond the age of the great stagnation.
Win a pre-paid school fee voucher to the value of $22,100 for just $100.

One lucky winner will be drawn in November,
Will it be you?

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Enter via the School’s website or www.trybooking.com/HNGH,
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190 South Terrace, Adelaide, South Australia, 5000

Futures

Year 12 Tertiary Information Evening and SATAC seminar

Term 3 is an important time for Year 12 students as they prepare for their life after school. By the end of Term 3, students considering studying at most universities in 2016 need to have made their applications to the South Australian Tertiary Admission Centre (SATAC), or the equivalent organisations interstate. To assist students, and their parents, in exploring the options, TWO events have been organised. Firstly, the Year 12 Tertiary Information Evening is being held at 7pm on Wednesday 5 August. There will be representatives from the four main South Australian universities (the University of South Australia, University of Adelaide, Flinders University and Torrens University) to assist with course options and address any other related issues for parents and students. The second event is the Year 12 SATAC information seminar, being held on Wednesday 12 August, from 9am – 12noon in Wyatt Hall. This event is for students only. All students are expected to attend both of these events. Details of these events have been emailed to all Year 12 parents. SATAC applications open on Monday 3 August and close on 30 September.
Subject Choices

For students in Years 10 and 11, Term 3 is also a very important one, where they will need to look closely at their post-schooling options and make decisions about the subjects they choose to study in 2016. While there is a pathway to almost any career these days, it is most efficient if students choose the correct areas of study in the first instance. Year 10 students are exploring their career options through their SACE Personal Learning Plan (PLP) subject this term, having had presentations from Flinders University and University of South Australia, while Year 11 students have taken part in another online career quiz, to support their work from PLP last year and to assist them in making some further decisions regarding their future. If you have any questions regarding subject choices and career pathways, please feel free to contact me.

Useful websites for exploring careers

Below are several websites that students (and parents) may find useful when exploring pathways for their future.

http://www.whatdegreewhichuniversity.com/Home.aspx
www.myuniversity.gov.au
http://www.myfuture.edu.au/
http://www.hobsonscoursefinder.com.au
http://www.unisa.edu.au/future/ (Uni SA)
http://www.adelaide.edu.au/whatsyourpreference/ (Adelaide University)
http://www.flinders.edu.au/future-students/ (Flinders University)
http://www.abc.net.au/acedayjobs/
http://www.alife.net.au
http://joboutlook.gov.au
http://www.jobguide.education.gov.au

Year 11 Work Experience by Charlotte Brader

From 15-19 June, Year 11 students from Pulteney had the opportunity to take part in work experience. After deciding that I wanted to do something interesting and hands-on during my week, I got in touch with TEO Magazine and this is where I completed my placement. Over the week, I was immersed in the culture of the creative network in Adelaide, as I attended photo shoots and gained an insight into the production of a magazine. I was fortunate enough to work with their advertising guru on developing their media kit and I learnt how to compose a press release. I was trusted to scout potential advertisers and conduct cold calls, an experience that has led me to the decision never to work in a call centre!! However, work experience is just as much about figuring out that you do not wish to do something as it is finding out what you want to do. One of the highlights of my week was the opportunity to interview designer Laura Taraniek. I was then able to edit her responses and write a blurb for the interview, which was then published by the magazine on their blog. (http://teomagblog.com/?p=648) A few weeks after this, Laura invited me to her brand launch and TEO offered me the opportunity to do an event review whilst I was there, which was also published. (http://teomagblog.com/?p=734) I had never thought that I would have my work published and I am so thankful to have had such an enjoyable work experience week, and to be trusted with so many official operations and given the opportunities that I was. I encourage future work experience students to be ambitious and aim to organise a placement that they will thoroughly enjoy.
Education in the USA – 10 August

A presentation by ‘Education USA’ has been arranged on Monday 10 August. This presentation will cover entry requirements, application processes and course options available in the USA, so any student contemplating studying in the USA at some time in the future will most likely find the session to be very valuable. The presentation will be held at Pembroke School from 6 to 7pm.

University and TAFE Open Days – 14 to 16 August

Open days at University and TAFE are a fantastic way for students and their families to explore post-schooling options. This year, Adelaide University, UniSA and Adelaide TAFE, will be open on Sunday 16 August, with Flinders University open on Friday 14 and Saturday 15 August. Please put these dates in your diary, as I would strongly encourage all Year 10, 11 and 12 students, who are considering TAFE and University options, to attend. Timetables and more information are available on the respective institutions’ websites.

Warwick University UK – 25 August

Warwick University is a highly ranked UK university located in Coventry. The University’s assistant director of the international office, Mr Jerry Burgess, will present information about applying to Warwick University specifically, and studying in the UK more generally, at St Peter’s College on Tuesday 25 August, 2pm to 3.30pm. The presentation will address: studying in the UK, studying at Warwick, UCAS and how it works and writing personal statements – what they are and how to prepare an outstanding one. Personal statements are common in overseas university applications but not so in Australia, so how to write them and what to include, is very important for Australian students to grasp and is very important in the application process. This aspect of the presentation will be in a workshop format, and the presenter will lead the participants in learning about the personal statement and commence preparation of them. This will be the major part of the presentation and so any student contemplating tertiary study in the UK will benefit from this aspect alone. If your Year 11 or Year 12 son/daughter would like to attend this session, they need to email me no later than Friday 31 July. They also need to seek teacher and parent permission to attend, given the presentation is during school hours.
Electrical and Electronic Engineering Information Evening – September

The University of Adelaide’s School of Electrical and Electronic Engineering is hosting a special information night to inform high school students in Years 10-12, and their parents, about studying Electrical and Electronic Engineering at the University of Adelaide and the range of specialisations available. This evening will be held in room G04, on the ground floor, Napier Building on Wednesday 2 September, at 5:45pm (registration) for a 6pm start. The evening should be concluded by 8:00pm. Parents and students interested in attending are asked to register online at Electrical and Electronic Engineering Careers Night. Current students, recent graduates and industry representatives will share their experiences and discuss career opportunities for electrical and electronic engineers. University of Adelaide staff will also be on hand to answer questions about degree entry requirements and study options.

Studying Overseas

For students contemplating studying overseas, a website has been prepared to help with the search. Once registered, the potential student selects undergraduate or postgraduate and fills out a form detailing their academic results, the countries they would like to study in and the courses that interest them. Go to http://www.i-studentenquiry.com/ to register.

Year 12 Career Breakfast – Tuesday 15 September

Parents of Year 12 students recently received an email, inviting them to share breakfast on Tuesday September 15, where their child will be able to engage with people from their career interest areas. The Career Breakfast has been held for several years and is a very successful event. I would encourage all Year 12 students, and their parents, to seriously consider attending.

The International College of Hotel Management Career Week and Open Day

The International College of Hotel Management (ICHM) at Regency Park runs a ‘Career Week’ program during the September holiday period. It is a ‘live-in’ introduction to the Hotel Management/Business course offered by ICHM. Information brochures and application forms are available from the Futures Office, or email admissions@ichm.edu.au. In addition to the Career Week, ICHM will also hold an Open Day on Sunday 16 August at 2.30pm. For more information on ICHM go to www.ichm.edu.au or phone 8228 3612.

Flinders University e-newsletter

Flinders University’s student e-newsletter, Flinders Explorer, is written by students, for students. It is a great way for current Year 11 and 12 students to get tips from current university students, to help prepare them for their university journey. University students share advice on how to pick a course, how to choose school subjects and how to make the transition from school to university. For students interested in receiving this e-newlsetter, go to http://flinders.edu.au/explorer/.

Taxation and Superannuation information for students

A digital resource is available to help high school students understand the principles of taxation and superannuation, by gaining an insight into how the taxation system works to support the community and how superannuation can provide a retirement income. To explore this information on the website, go to http://www.taxsuperandyou.gov.au/.

Australian Jobs 2015

Australian Jobs 2015 provides a snapshot of employment prospects in a large range of
occupations in Australia. It provides details on jobs by location, jobs by industry and provides a summary of the employment situation in each state. The material is designed to provide accurate career information to assist individuals with their career planning. For details, go to http://docs.employment.gov.au/node/32635.

Zoom In

Zoom In is a new online guide for high school students, providing advice and useful links about school, university, finding a job, managing money, and their rights at work. Although it is directed at students in Melbourne, the information is applicable to students around Australia. Go to http://www.zoomin.org.au/ to explore the new site.

Grow Careers

This website also provides career information and useful links for students, including information about university, TAFE, getting a job, and advice on how to make career decisions. Go to http://www.growcareers.com.au/ to explore further.

Defence University Sponsorship

The Defence University Sponsorship program is for students who are currently studying health, engineering or some other courses at an Australian university. The Defence University Sponsorship provides a range of benefits such as a salary while studying, remaining fees paid, and many other benefits. While current Year 12 students are not eligible to apply for the sponsorship program, for those students considering a career in the defence forces, it is an alternative pathway that may be of interest to them. For more information about the program, go to http://www.defencejobs.gov.au/education/universitysponsorship/

If you have any questions regarding careers, please feel free to contact me on leeanne.bryan@pulteney.sa.edu.au, 0400 477 512 or 8216 5553.

Leeanne Johnston-Bryan,
Coordinator of Futures

MASA Workshops

The Mathematical Association of South Australia runs a Student Problem Solving Program with approximately 6 sessions per year for highly motivated and able students who are keen to develop skills and knowledge beyond the school curriculum. The sessions are aimed at students from years 7 – 12. Students are challenged to think more deeply about problems and also gain practice in competition type questions.

These sessions are held at Scotch College from 9.30 am to 12.30 am with a cost of $5 per session. Sessions this term will be held on Saturday 1 August and 29 August.

Students who are interested, but unable to attend on a Saturday morning are able to receive the questions by email and then submit answers, also by email.

Students who are interested should see Mr. Webber (Head of Mathematics) for a registration form.
Pulteney Cricketer in the United Kingdom

Connor Dudley (11MS) has enjoyed a wonderful overseas experience playing cricket in the United Kingdom, whilst boarding at Wrekin College, Shropshire. This has not only provided him with a wonderful and unique life experience, but also helped develop his already exceptional cricket skills. Connor has adapted well to the UK playing conditions and has amassed an aggregate total of 857 runs for both school and club. He also plays for Reman Services in the Shropshire Premier League. We have been closely monitoring Connor’s progress and are pleased to acknowledge some of his highlights:

- A top school score of 143 against Oswestry, following which he was awarded the Benwell Shield at school chapel for his efforts
- 103 runs scored against Staffordshire Gents
- Six half centuries including a debut 58 for club
- 185 for Club last week including 23×4’s and 10×6’s
- An average of over 50 for school and an average of 47.08 for school and club.
- Currently a member of the South Australian State U17 squad and playing U19 Worcestershire Academy

These achievements have all culminated in seeing Connor awarded a Half Blue in recognition of his contribution to cricket at Wrekin College. It should be noted that Full Blues are only awarded to Sixth Form students and Connor is only a Fifth Form student. The College informed Pulteney Grammar that it was hitherto, unheard of for this award to be given after only one term.

We are all very proud of Connor and look forward to welcoming him back to Pulteney Grammar in August.

Nicholas Brice,
Head of one ninety
Pulteney Shop
Telephone: 8216 5538
Email address: pulteneyshop@pulteney.sa.edu.au

Open Times for Term 3
Wednesday 12.30 pm - 4.30 pm
Friday 8.00 am - 11.30 am

If you can not get into the Pulteney Shop during our Open Times you can purchase the Uniform items on the QKR App on your mobile phone.

These items will be delivered to the Sub Schools for delivery to the Students.

Have a great weekend!

Jenny Hewitson,
Shop Manager.

Senior Sport Notices

Cross Country

Alteration to program. Due to a problem at another school the following changes have been made.

Wednesday 5th August Host School Sacred Heart at Shepherd’s Hill Reserve, St Marys.
Wednesday 12th August Host School PGS at home.

Sorry for the inconvenience.

Mark Barnett,
Cross Country Coordinator

SALA Cross Country Championships

Congratulations to Maddy Stephenson in year 6 who ran in the South Australian Little Athletics Cross Country Championships on Sunday 26th July at Heathfield High School in the Adelaide hills. She placed second in her Under 12 age group over a 2000m course. It was a muddy, rocky and difficult course and Maddy put in a stellar effort to gain her medal.
Swimming Achievements

On the final weekend of the recent school holidays, five of our students competed at the State Short Course Championships held at Marion. The students competing were Finlay Suttie, Shelby Gilmore, Alice Ascari, Caitlin Pearce and Mark Ducaj. Each of these students achieved their own personal bests and both Mark and Caitlin were rewarded with medals for finishing in the top three in their age group.

Congratulations must also go to Caitlin Pearce who has been selected to represent South Australia in the Pacific School Games. The games are to be held in Adelaide in November. The Pacific School Games is an international sporting event for school students aged 10 - 19 with students competing in a wide range of sports.

FIBA U/17's Australian Sapphires Basketball

Congratulations Samantha Simons Year 10

Samantha has been selected in the FIBA U/17’s Australian Sapphires Basketball team which will compete in the Oceania Championships in New Zealand in August. This is an outstanding achievement considering Samantha is only 15 years of age and this selection comes after exceptional performances for SA Metro at the recent U/16’s National Championships where Samantha averaged 14.8 points and 4.7 rebounds per game, resulting in her being selected as part of the All-Tournament team.

Samantha began playing basketball at the age of 6 and currently plays for Pulteney’s 1st V Girls team as well as Forestville Eagles U/16’s and Premier League teams. Her success is a result of the hard-work and dedication towards her basketball. This commitment sees Samantha training 7-8 times per week, developing her ball-handling skills, strength and conditioning along with game sense and shooting technique.

Samantha plays in the guard position and her role models are her parents Andrew and Sharon as well as Mia Newley and Jake Rios. Her future sporting aspirations are to play for the senior women’s Australian team ‘The Opals’ and play basketball professionally in the United States of America.

We wish Samantha the all the best in her preparation and for the upcoming tournament.

Results

Hockey

Pulteney First XI defeated Saint Ignatius 9 - 1

The Pulteney First XI Hockey team continued their winning way with their first match for Term 3 against Saint Ignatius. A miraculous goal by Charlie Fewster in the first minute of the game saw the ball hit the top cross bar and deflect into the goal. Skilled and direct passes by their team mates helped four separate goal scorers secure another solid win. The team is focused on a win against Scotch at Intercol on Saturday 22 August.

Goal Scorers: Charlie Fewster 5, Matthew Hume 2, Tristram Fyfe 1, Srinivas Sakibanda 1

Middle School Hockey were defeated by Saint Ignatius 1-3
The Middle School Team welcomed new player Isaac Attanasio to the squad. Even though the Middle School team were defeated by Saint Ignatius in our first wet weather game, all players dug deep and fought for the ball. The players have carried on with their positive mindset from last term and their eagerness to learn and enhance their hockey skills is inspiring. Well done.

Goal Scorer: Callum Menadue

Thank you again to the parents who come to the games on those cold Saturday mornings and chilly Wednesday afternoons and support the Pulteney teams. I appreciate it and I am sure your children do in their own special way.

Cate Boucher
Community Relations Office

Football

What a chilly welcome back to School sport it was on Saturday! The year 8/9 footballers were first out onto the paddock, elevated to the bowling green like surface of Morgan Oval for their fixture against Cabra. The boys took a little time to rediscover the skills lost over their holiday break however they soon found their gears and were able to start playing reasonable footy. A short walk away on Vaughton Oval, the year 6/7 team was pitted against a well drilled and well organised team from Blackfriars. This was a low scoring affair and a Pulteney victory was tantalisingly within reach throughout, thanks largely to inaccurate kicking from our opposition! Coaches Tom Laity and Josh Frick were pleased with a lot of what they saw and are confident that the team can build on the progress made last term to finish strongly!

It was chilly again for the afternoon fixture between our firsts and Rostrevor thirds, played in the rarefied foothills atmosphere at Rostrevor. Our numbers decimated by injury and unavailability, Pulteney took to the field with the bare number required and soon set about their work. A tricky breeze made kicking for goals a challenge although the sharper the kicking angle, the better we seemed to convert. All played well in this rather one-sided encounter and it was good to leave with a win, albeit soured by an injury to Lincoln Edwards. The group faces bigger challenges in the final four weeks of the season however starting with Cardijn at home on Saturday. Huge thanks to Mark McGarry who showed off his versatility by capably stepping into the role of coach for the afternoon. His knowledge of the players and enthusiasm for the game were invaluable.

During the school holidays, Tex Wanganeen represented South Australia at the National Championships in Geelong. Tex and his team made the grand final however were not able to overcome a strong (and large) Victorian team. Congratulations from us all.

Results:

1st XVIII defeated Rostrevor 3 – 14:26 (110) to 1:2 (8)
Year 8/9 defeated Cabra – 9:6 (60) to 6:5 (35)
Year 6/7 defeated by Blackfriars – 3:3 (21) to 4:15 (39)

Richard Sexton,
Football Co-ordinator

Girls Badminton

Senior A’s were defeated by Pembroke 4 games to 2

Doubles Results
Gwynne Martin & Daisy Bai won 21-10
Mia Hillock & Erica Turner lost 7-21

Singles Results
Gwynne Martin won 8-11, 11-4, 11-4
Daisy Bai lost 11-8, 2-11, 7-11
Mia Hillock lost 5-11, 4-11
Erica Turner lost 3-11, 3-11

Senior C's were defeated by Woodcroft 6 games to 0

Doubles Results
Alana Shahin and Erin Morello lost 7-21
Erin Morello and Shaurya Gaind lost 16-21

Singles Results
Alana Shahin (game 1) lost 4-21
Erin Morello lost 3-21
Alana Shahin (game 2) lost 9-21
Shaurya Gaind lost 13-21

Netball
Senior A lost to Wilderness A 22 - 56
Best Players: Sophie Zuill, Abbey Creaser; Jess Feilke
Senior B defeated Wilderness B 42 - 40
Best Players: Kate Pettman, Maritsa Coumi, Victoria Cirocco
Senior C defeated Wilderness C 44 - 18
Best Players: Sophie Radford, Ellie Hill
Senior D lost to Wilderness D 25 - 31
Best Players: Emily Edwards, Whitney Dolling
Senior E defeated Pembroke E 18 - 11
Best Players: Millie Hanlon, Maddy Diepeperink, Aliyah Balacano
Senior F defeated Concordia F 22 - 20
Best Players: Maddy Kay, Stephanie Beer, Belinda Greig. Special thanks to Hayley Greig.
7A lost to Wilderness 7A 13 - 28
Best Players: Donna Albertini, Amelia Goehr; Kelsey Brion
8A defeated Wilderness 8A 35 - 15
Excellent team effort
8B defeated Wilderness 8B 29 - 4
Best Players: Aiden Heal, Chelsea Goodes
8C defeated Concordia 8C 14 - 10
Best Players: Kate Nairn, Eleanor Champion, Hayley Greig
9A defeated Wilderness 9A 34 - 25
Best Players: Tayler Price, Claire Noack
9B defeated Wilderness 9B 33 - 16
Best Players: Maya Clarke, Emelia Molony

Soccer
First XI:
Pulteney lost 0-3 to Mercedes College
Best players: James Cartright 3, Alex Human 2, Alex Misfud 1

A vast improvement from when we last played Mercedes College. The players kept to the simple game plan with some great cohesion work from the back line to the front third. Pulteney wasted numerous chances early on and were punished in the seconds from half time.

The second half was a tighter affair, with some great work from James Gillet in goals. We were unlucky to concede a third goal, but true to the spirit of Pulteney, the players not once dropped their heads and continued playing with vigour and control.

We look forward to next week and the challenge that lies ahead.

Second XI:
Pulteney lost 1-3 to Prince Alfred College

Goal scorer: Kristian Borrelli
Best players: Lloyd Pope, Alexandros Chisholm, Zennor Johnston, Mitchell Bender

After the extended layoff of the mid-year break, the boys began the game a little sluggishly. It didn’t take long to them to get in to the game, and as a team, performed well. The second half saw more opportunities created due to a tighter defence and more passing. A good start to the term.

Third XI:
Pulteney lost 15-1 to Mercedes College

Goal scorer: Theodore Spyropoulos

Against a team that fielded half their First XI side, our defensive structure was non-existent for most of the game. We actually played good football when the ball got forward. In order to see any improvement we need to train hard and commit to the team structures.

Year 9:
Pulteney lost 5-2 to Trinity College

Goal scorer: Henry Jorgensen
Best players: All played well

It was a tough game this week only having 8 players and that resulted in 4 goals being conceded in the first half but the boys didn’t let that stop them from scoring 2 back in the second half. All the boys there stepped up their game this week, playing some of the best soccer I’ve seen them play all year!

Year 8:
Pulteney defeated 6-0 Marryatville

Goal scorers: Marco Talladira 3, Dillon Hill 2, Jack Adamson 1
Best players: Marco Talladira, Dillon Hill, Jack Cavender, Angus Brown, Alexander Shakib

Year 7:
Pulteney 4-0 win vs Cabra College.

Goal scorers Dylan Boscaini 2 and Will Steen 2
Best players: Alex Duance, Akash Thomas.
Basketball

1st V defeated St Johns 73-25

Our big men controlled the key way for the entire game with Elijah Randell (22 points) and Matt Nielsen (12 points) scoring freely and they were well supported by Sam Hore (8 points). Our guards hustled strongly with Sam Price (7 points) and George Athanasas (8 points) leading the way and a late flurry from James Sibly (10 points). Our best even team performance as we build some momentum for a strong finish to the season.

2nd V defeated St Johns 49-19

Our first game back for term 3 was a comprehensive win built on a team effort. We scored well on transition as well as through our set offences and controlled all aspects of the game.

3rd V defeated St Johns 64-24

It was a convincing win for the boys. Despite only having 6 players the team worked hard through to the final buzzer. Hamish Thomson and Lincoln Edwards were strong on the rebounds as always, providing plenty of second effort shots. Daniel Bai and Sam Heal lead our offense through their aggressive moves into the key way. Simon Huynh and Tom Bertozzi worked as playmakers, setting up opportunities with good good passing and spacing. Overall, a very satisfying win for the team.

4th V defeated St Peter’s 51-26

It was a tough first quarter having only scored 4 points, but after a bit of a wake up call at quarter time, the group responded really positively and went out, running rings around their opponent on offence executing really well and defended dourly. This weekend the 4th V showed a very good team effort and I hope they can continue their form for the remainder of the season.

Middle School

Middle A’s defeated by St John’s 33-36

The A’s flew out of the blocks against a strong St. John’s team. Yet unfortunately we’re unable to capitalise on the great start and let them back into the game to go down late as Pulteney were to capitalise on this fast start. First game back though it was impressive to see structures maintained over the break. Special mention to Cam Horsell for outstanding defence to give us a great chance at a win.

Middle B’s defeated by St John’s 33-24

A close encounter saw St. John’s defeat Pulteney which was a tough scrap until the end. With boys from the A team coming down to help our opposition’s numbers, the boys put up a great fight against slightly stronger opposition. Matt Beahan in his best game for Pulteney scored a huge 18 points and led the way on both defence and offence.

Middle C’s defeated by St John’s 11-59

A tough game for the boys out of the break. Our Middle C’s team were up against a formidable opposition this week with 3 players on the opposition playing both Bs and Cs. When we played a full offence though, I thought we executed quite well. I look for us to make some improvements in the last few weeks of the season.
Prep Sport Notices

Results

Soccer

Yr 4 Boys Blue – def St Andrews 4-2
Yr 4 Boys White drew with St Andrews 1-1
Yr 6 Boys def St Pauls 16-1
Yr 4 Girls Blue def Loreto 3-2
Yr 4/5 Girls Gold defeated Pembroke 6-2
Yr 6 Girls Navy lost to Pembroke 0-7

Football

Yr 3 PGS 14-9-93 defeated Rose Park 4-0-24
Yr 4 PGS 5-8-38 defeated Parkside 3-3-21
Yr 5 PGS 0-4-4 lost to CBC 13-9-87

Netball

Yr 3 Blue won 4-0
Yr 3 White won 3-2
Yr 3/4 Gold defeated Parkside 12-1
Yr 4 Navy lost 3-6
Yr 5 lost to Black Forest
Yr 5/6 Blue lost to St Johns 7-37
Yr 6 White defeated Tenison 25-13
MY BIG FAT GREEK LUNCH
SUNDAY 30 AUGUST

Book now at www.trybooking.com/CTIX

The Pulteney Long Lunch
Sunday 30 August 2015
12 noon for 12.30pm

The Robert Henshall Sports Centre
Pulteney Grammar School
(Gilles Street Entrance)

Sue-Ellen Sipek on 8216 5520 or
sueellen.sipek@pulteney.sa.edu.au

$120 early bird (pre 16 August), $150 (on or after 16 August)
PULTENEY GRAMMAR MUSIC PRESENTS

GIG AT THE GOV

TABLES TO BE BOOKED DIRECT WITH THE GOV ON 8340 0744

DINNER AVAILABLE

TICKETS $10 at http://www.trybooking.com/IMAGE

WEDNESDAY 12TH AUGUST 7:30 pm

@ The Gov - 59 Port Road Hindmarsh
2015
Winter Senior Sports Presentation Night

Saturday 22nd August. 6.30 pm,
Glenelg Surf Life Saving Club
$50 Per head

Football: 1st XVIII/ 2nd XVIII.
Basketball: 1st V/ 2nd V/ 3rd V / 4th V
Netball: Senior A/B/C/D/E/F
Hockey: Open.
Boys Soccer: 1st XI/ 2nd XI/ 3rd XI
Girls Soccer: 1st XI/ 2nd XI

Menu TBA
Drinks purchased at the bar

All bookings http://www.trybooking.com/FLQW
must be confirmed Mon 17th August 12.00pm.

For more information please contact Nik Sacoutis at nik.sacoutis@pulteney.sa.edu.au
The AVCAT COMMEMORATIVE BURSARY

Commemorating 30 years of service to the veteran community.

Valued at $15,000, this special bursary aims to financially assist an Australian veteran’s child as they pursue their university studies.

Bursary Criteria and Conditions

The successful applicant will

* be a child of an Australian veteran with operational service outside of Australia;
* be commencing their tertiary studies in 2016;
* be studying an undergraduate degree of at least three years’ duration, full-time and in face-to-face mode;
* be aged between 17 and 25 years at the time of application;
* eligible on assets and income grounds for continuous, means-tested Commonwealth benefits for tertiary education and
* be the most deserving candidate of merit.

The successful applicant will be able to demonstrate a high level of leadership ability, community service and willingness to be an ambassador for the Trust.

Short listed applicants will be interviewed.

The Bursary will be valued at $15000 ($5000 per year for three years).

Known as the AVCAT Commemorative Bursary, the name of the bursary reflects its purpose, namely to commemorate the organisation’s 30 year history. The recipient will be presented at an appropriate Awards Presentation ceremony in 2016.

APPLICATIONS OPEN 18TH AUGUST 2015

Application form can be downloaded from our website.

For more information please contact AVCAT:

P: 02 9213 7999   E: avcat@dva.gov.au   W: www.avcat.org.au
Those attending include

Peter Routley          Terry Tooth
Ray Jenkins            Michael Ford
John Moore             Keith Grundy
Alan Dutton            John Drake
Bruce Gordon           Garth Robson
Graham Clough          Rob Warhurst
Stewart Leggett        Chris Senior
Rod Kuchel             Peter Kentish
Jill Hains             Ted Ward

Old Masters Lunch

Friday 31 July at 1.00pm
The Seven Stars Hotel,
187 Angas Street, Adelaide

Come and join us for a drink, a bite to eat and share a laugh like the good old days.
RSVP: cate.boucher@pulteney.sa.edu.au