An Update from the Board of Governors

Exciting times are ahead for the Pulteney Community! Our March Board meeting had a number of important and motivating decisions for our great school.

Firstly and most importantly the Board passed a resolution unanimously supporting and congratulating the performance and educational direction of our new Principal Mrs Anne Dunstan. It is never easy to take over an already very successful school and set new challenges for staff and students. Anne has done that brilliantly, as evidenced in the positive and affirming feedback received through a recently completed 360 degree performance appraisal. We look forward to Anne’s continued committed leadership.

We also welcomed Matthew Hassan to the Board to join fellow new Board members this year Alan Brideson, Allen Candy and Ann Nadge who all bring to the Board a wealth of educational and commercial experience.

Prior to our meeting Board members enjoyed a tour of the new Centre for Senior Learning conducted by Head of Senior School, Nicholas Brice, who also shared his educational pedagogy for the new learning environment. The Centre for Senior Learning has already been enthusiastically occupied by our senior students who have expressed their appreciation of their new ‘home’.

This year, as already indicated by the Chair Mr Tim Goodes in his Board Update in the last PRW, the Board will be undertaking extensive consultation with the school community for the purpose of reviewing both the Strategic Plan and the Master Plan. To that end, the Board has appointed MMG Education, who are recognised as one of Australia’s leading consultancies in leading community engagement, undertaking ‘whole of school’ research to inform the review. This will involve all school stakeholders (parents, students, Staff, Board, Old Scholars and others) having input into the future direction of our school. Concurrent and overlapping with MMG Education, we have appointed Wilson Architects to produce a new Infrastructure Master Plan for Pulteney Grammar; Wilson Architects have provided architectural and education building consultancy services to a number of the nation’s leading schools and universities, including UniSA.

We look forward to those reviews being completed this year and the Board undertakes to share this vision with the whole school community.

Dr Greg Keene,
Deputy Chair,
Board of Governors
The Science of Resilience

Resilience - a positive, adaptive response in the face of significant adversity.

I recently read an article outlining the research undertaken by the National Scientific Council on the Developing Child, a multidisciplinary collaboration chaired by Harvard's Jack Shonkoff, Director of the Centre on the Developing Child. It explores why some children can thrive despite adversity and the growing body of evidence points to one common answer: "every child who winds up doing well has had at least one stable and committed relationship with a supportive adult". While this statement is not likely to come as a surprise to many, it does reinforce the importance of families, parents and schools working in partnership to establish positive and supportive relationships for all the children in our care.

I thoroughly commend the article to you as it provides a very sound snapshot of the neurological and life circumstances that influence resilient behaviours; it can be found at http://www.gse.harvard.edu/news/uk/15/03/science-resilience.

Staff Appointment

It gives me great pleasure to announce the appointment of Miss Lauren Sutter to the role of Art and Photography Teacher (Years 6-11) and Year 10 Pastoral Care Teacher in Term Two. Lauren is an accomplished art educator who enjoys teaching photography, visual art, design, creative arts and media studies. Lauren’s qualifications include a Master of Arts and Bachelor of Visual Art and Applied Design. Prior to teaching in independent schools in South Australia, Lauren has worked as an arts writer and photographer/designer. She has also enjoyed exhibiting much of her own work over the past 10 years. Lauren is excited at the prospect of joining our School.

Inter Collegiate Sports

The Summer InterCol games against Scotch College were played with enthusiasm and skill throughout Week 9 of this term. I had the pleasure of witnessing outstanding sportsmanship and excellent team play across the range of summer sports including tennis, swimming, rowing, basketball, volleyball, cricket and softball. A full report will be provided by Head of Sport, Nik Sacoutis, in PRW early next term. I congratulate all of our students who represented Pulteney so well.

I wish all students and staff a relaxing and reinvigorating term break and I look forward to seeing all Pulteney students return on Tuesday 21 April reinvigorated and ready for all the opportunities that Term Two will bring.

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 Director of Leadership & Registrar

Traditions and Student Leadership

It is our intention to provide opportunities for student leadership, at various levels within the School, appropriate to the age and stage of the students in our care.

The most visible ‘badge of office’ is the white blazer, currently worn by Year 12 Prefects & House Captains. The history of the white blazer dates back to 1955 and is an important...
symbol of the School’s history. The names of past School Prefects can be found on the honour boards in Wyatt Hall, in perpetuity.

In January, 2015, we initiated a Year 12 Student Leadership Summit, over two days, prior to school resuming. This summit was designed to provide Year 12 student leaders with skills, reflection & direction for the year ahead.

One of the most memorable moments, according to the students, was an address given by Keith Grundy AM. Mr Grundy has a long and distinguished association with Pulteney Grammar School, commencing as a teacher in 1956, Head of the Junior School until 1993, then Registrar until 1997. He was awarded the Australia Medal for services to education.

Mr Grundy told a story about three leaders: Barry, Oscar and Fiona, who demonstrated the qualities of determination, devotion & dedication. In deliberate and measured tones Mr Grundy kept these 22 seventeen year old students transfixed for some twenty minutes. It was wonderful to witness him engage with and maintain the interest of these young men & women, quite a skill in this age of short attention spans.

Keith Grundy is a jewel in Pulteney’s crown, and like the white blazer provides a link to the School’s traditions and a proud past.

Beyond the white blazer it is the School’s view that “leadership is everyone’s responsibility”. The current group of Year 12 students have been encouraged to provide service to their School and our community. This may take the form of Music, Sport, Drama, Art, Venture Club, maths tutoring, community service, peer mentoring, student ambassadorship (funerals), School tours, Assemblies, Chapel and other key events.

We eagerly watch the current Year 12 cohort and witness the legacy they leave Pulteney Grammar School.

*Malcolm Dolman,  
Director of Leadership & Registrar*

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**From the Chaplain**

**Good Friday Easter- where does it all take us? Why is it important?**

We began our Lenten journey on Ash Wednesday. Many young people they have taken seriously the opportunity to intentionally reflect about themselves and make decisions about being best person they can. For some it is about turning away from sin, from the temptation to do what they know in their heart is wrong. For others it is about reflecting on a range of learnings and understandings they have about what it is to be a good person. Having done this, they have been able to authentically affirm the sorts of decisions that they have made, that the decision they make in life are in fact good and life giving decisions. And this is in a nutshell, rather than unthinking obedience, is what Jesus teaches us to do.

This year we have followed Mark’s gospel. It is the most concise and fast paced gospel and there is sense that we are at the cross of the crucified Jesus as soon as just enough of the narrative has been told. Then the penny finally drops, not for the disciples, but for the unnamed Roman centurion who said: ‘Truly this man was God’s Son!’ And the Mark’s gospel maintains its succinctness. Jesus is taken down from the cross and the burial is quickly described and Mark gets us into the final chapter where the women are confronted with an extraordinary sight- the stone placed in front of the tomb has been rolled away and there is a young man present and the paschal mystery is presented to us.

This week the school chapel has been cleared of all the art and fine silver and all crosses are covered with purple. One single crucifix is placed above the altar. This is to emphasize a couple of things. It would be easy to understand how some people might see the cross as a
symbol of the 'soon to be crucified' Jesus and that in some perverse way the Christian faith has a constant emphasis on impending death. However that is what a crucifix is.

An empty cross is the symbol of the Risen Christ. A symbol of hope, new life, new possibilities. It points us to the true meaning of Easter: Christians are a New Testament, hope filled Easter people. The purple covered crosses can remind us that there was a time in history, Good Friday, when for a moment, a short time people thought there was no hope to be had at all. The covered crosses in the chapel invite us for a moment to ponder what it might feel like to have an absence of hope in life. I think quite rightly that most of us would struggle to truly comprehend this and that is a good thing. It does not mean that we should not go there, but we should not dwell to the extent that we distort the Christian story and in any way diminish the paschal mystery intensely experienced each Lent and Easter and at every celebration of the Eucharist. In this we come to know that which cannot be explained.

‘During Jesus’ arrest, trial, passion and crucifixion, his love is greater than the cost of his life. His self-giving is greater than his desire for self protection, his faithfulness is greater than the suffering and death he faces. Jesus is Jesus because of his love, self-giving and faithfulness.’

At once transcendent and beyond human experience, and at the same time something very human, something that those who love us do for us all the time- transforming unconditional love.

As I conclude this PRW I look forward to being part of the Prep and Middle School Chapel and I look forward to hearing from the classes about their understanding of the true meaning of Easter: I wish everyone a hope, joy filled and peaceful Easter Holy holiday.

Fundraising for the Vanuatu victims of cyclone Pam

Senior School Students are raising funds for the Vanuatu Appeal. Students are invited to gather coins in ABM money boxes and bring them to school. Funds raised will be forwarded to ABM.

ABM Anglican Board of Mission Australia Working for Love, Hope & Justice has a 160 year partnership with the Anglican Church of Melanesia. There are currently three projects underway and an appeal for Vanuatu cyclone victims. For more information to make direct online donations please go to the website: http://www.abmission.org/appeals.php/22/vanuatu-cyclone-emergency-appeal

Magdalene Centre

Providing gifts of food and op shop items for the Magdalene Centre continues to be a regular opportunity for us to do something kind. Donations can be brought to the Chapel Foyer. Basket and boxes have been labelled so that we can sort and care for your donations. Thank you for your ongoing generosity

Chaplaincy Contact

I can be contacted at any time for any pastoral needs. Please email michael.lane@pulteney.sa.edu.au, phone 8216 5512 / 0434 297 879 or contact the school office

Deep Peace,
Michael

Quad Cafe

As tomorrow is the last day of term, the Quad Cafe will be operating instead of Friday.

Please call in and enjoy a good cup of coffee.
Be Brave And Shave

“Fraser Brion & Manolis Stamatelopoulos (Year 5) will be joining Peter Neuhaus to be Brave And Shave on Thursday 2 April 2015 at 8.30am. They would be really pleased if you would come along to the Prep Basketball Court to support their cause to raise money for the Leukaemia Foundation. They would also really appreciate you sponsoring them in this year’s “World’s Greatest Shave”. If you can spare some loose change on the day (or even a little more) your donation will help the Leukaemia Foundation provide practical support to people with Leukaemia, lymphoma, myeloma and related blood disorders. Plus it will boost research into better treatments and hopefully cures for blood cancers. Please help spread the word and we look forward to seeing you all there on the big day.”

Intercol Report

Softball

All good things come to those who wait!

The Intercol Softball clash with Scotch has produced a variety of results over the past few years – none of them in Pulteney’s favour! We have endured both large and close losses, all interspersed with an uncanny ability to snatch defeat from the jaws of victory.

At the start of Term 4 in 2014 it was agreed between coaches, co-ordinators, some very keen parents and most importantly the senior players, that enough was enough! A victory in 2015 Intercol was the aim and would be the ultimate reward for the players if they continued to learn and improve. An indication of the progress made by the team was the final game of the 2014 season – a play off for the competition’s Senior Softball Shield. Although the team fell just short in a superb display against a physically much stronger St Peters team, encouraging signs were there.

The 2015 season commenced with two games being cancelled due to heat policy. This left the team with three minor round games to hone their skills before confronting Scotch. A (very) large loss to Immanuel was followed by victories against Walford and Concordia. With these games under our belt and a fantastic training session on the Tuesday before the big game, the team were as ready as they could be.

Space will not permit a full review but what followed on the Thursday afternoon was for me as a coach, an almost perfect display of team oriented Softball. Pulteney was relentless in the batting box, scoring 7 runs in the first innings to immediately put our opponents onto the back foot.

At our turn in the field, a superb pitching performance from Nadine Faulkhead was backed up by great leadership in the catching position by Sophie Ridgway and terrific support from every player in the field.

A further 6 runs were added at our next time at bat with another 2 in the final innings to top things off. Scotch scored all of their 4 runs in their second innings but the previously mentioned pitching and fielding left them scoreless in 2 of their three innings. A Pulteney victory – 15 runs to 4.

To our year 12 players, Kimmie Adkins, Sophie Ridgway and Eliza Marsland a much deserved result for their contribution and dedication to Softball over their time at Pulteney. Also to Alexandra Tabe, Kate Westland and Georgia Bailey who although not on the field on Thursday were a part of the team and stuck with Softball all the way through.

To the rest of the team, comprising a very young (and extremely nervous) mix of year 8, 9, 10 and 11 girls – a fantastic effort. Hopefully the first of many more Intercol victories to come.

A big thank you must go to the student cohort who gave fabulous support during the game and to those teachers and staff who were also able to make it along. Your support was very much appreciated by the team.

As a final aside, the girls had to front up again on Saturday to play St Peters, their nemesis from last year. I worried that their minds may be elsewhere after their Thursday afternoon
victory. I needn't have – they backed up with a 16 to 5 victory. Again great hitting and this
time with Kimmie Adkins pitching to Sophie, the team ended Term 1 with a fitting reward for
all of their efforts.

Ian Marsland,
Open A Softball Coach

Cricket

1st XI Cricket

Intercol match 2015

PGS 61 (Wills 18) and 111 (Dudley 35)

Lost to Scotch 309

(PGSH 3 for 23, Coumi 2 for 27, Sexton 2 for 27, Wills 2 for 78)

In the wake of the build up to this fixture and the exceptional feats that preceded it, the sense
of anti-climax is profound. Winning the toss on a brisk and windy morning in that Torrens Park
idyll, it was not quixotic that the opposition were invited to take first use, given our need to
take 20 wickets in the pursuit of our goal. What unravelled in the next five sessions simply
perverted the course of our ambitions and set aside once again that lofty measure until finally
we can satisfy the fates that we have earned such privilege. The Navy Blues attack was honest,
but on the perfect batting strip, lines and lengths would be desultory and the opening pair
were unhurried in their progress to 52 in 18 watchful overs. It was during that time that
Steele would give his only real glimpse of an opportunity, when on 18, a direct hit from
mid-on may have caught him short of his ground, but it was adjudicated otherwise and on he
went (to a match winning 156). It wasn't until the introduction of the redoubtable Redshaw
that the first edge was induced, which was gleefully accepted by keeper Wilson. Not three
balls later, a horizontal Adams with outstretched left hand, held on to a screamer at square leg,
and two wickets in the over gave further cause for optimism. However, no sensational collapse
was evident, nor was any partnership of note recorded, but solid 30, 40 and 50 run
partnerships in tandem with the stoic Steele holding fast the whole time, inexorably drove the
score on. When he was finally dismissed for a magnificent 156, the score was 268 and damage
had been inflicted. The ultimate cessation of the innings came late on the first day at 309 after
the Navy Blues toiled bravely for 94 overs when McGarry took a smart one hander at short
cover. It did mean that the opening pair would have to endure that uncomfortable period
prior to stumps, when the bowlers could charge in with impunity and wreak havoc, with the
opportunity to regroup and resume hostilities first thing in the morning.

It was definitely felt, at the change of innings, that whilst 309 was more than we wanted them
to be, if we could bat well, we might be able to set our own challenge in the ensuing battle.
Sadly, none of this would come to be, and is the reason for the profound sense of anti-climax.
Adams was removed with the 13th ball of the innings, stumps a mess and the jubilant Lions
cock-a-hoop with the success. Redshaw manfully strode to the wicket in his role as
nightwatchman, and duly survived the tense final 5 deliveries before stumps that left us 1 for 8
overnight.

Resuming on the second morning, again the air was full of optimism, which was promptly
snuffed out with Sipek's dismissal leg before on the last ball of the third over of the morning.
Wills joined Redshaw and for nearly an hour they turned the strike over and put on the
highest partnership of the innings of 16, before Redshaw was bowled, having done his job as
nightwatchman to perfection. Hopes were buoyant as Dudley strode to the crease, and after a
few nervous strokes, he drove confidently through cover. Somewhere in the mists of an
anxious mind, he then turned a ball straight to short mid-on and took off for a single. The
direct hit from the unhurried fielder left him well-short, and the Scotch boys chortling with
delight at their god fortune. Thus commenced the procession of the damned, as wicket after
wicket fell to limp, injudicious shots as our hosts simple toyed with our batters until snapping
up their wickets. The ignominy of being dismissed for a meagre 61 runs was in stark contrast
to the build up and expectations. We had failed to bat out a session and needed to be better.

We were duly invited to follow-on, and whilst we were better, we were nowhere near better
enough, as wicket after wicket was given up to probing bowling that simply asked too many
questions for the answers that we had. Dudley did make amends for his earlier demise, with a
commanding and determined 35, but his dismissal, fraught as it might have been with doubt, simply signalled the arrival of the downbound train. The ignominy was completed with a hat trick and the Navy Blues had fallen short of their target by an innings and 137 runs.

In summarising the short fall, one must direct enormous kudos to the Scotch bowling attack for their magnificent performance and also extend credit to their batting line-up for the dogged approach they took to establish the platform from which to strike. It was a disappointing end for the Navy Blue squad who had achieved much this season, played some excellent cricket and improved their game impressively. The squad will now re-organise with the Year 12 boys moving on to senior cricket in Term 4 and with the preparation for Intercol 2016 commencing with the new season.

*Mark McGarry*

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**Girls Tennis**

PGS won 6 sets to 0 sets

I was extremely proud of Ella Wiltshire (Co Capt), Alex Jocic, Victoria Cirocco (Co Capt) and Kate Pettman for their skilled, tactical tennis for Pulteney girls tennis to retain the Intercol shield for the 7th consecutive year.

These girls have trained very hard all term, always with a sense of humour and pride and are dedicated to tennis for PGS. They are all in year 11 and are wonderful role models for the other tennis girls.

Well done girls!!,

Libby Sims,
Director of Girls Tennis

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**Boys Tennis**

*Senior A:* Scotch won 6-3

*Drive:* 5 sets to 4 lost to Scotch

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**Boys Volleyball**

*Senior A:* 0 defeated by Scotch College 3

19:25, 14:25, 20:25

**Girls Volleyball**

*Senior A:* 0 defeated by Scotch College 2

25:27, 23:25

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**Girls Basketball**

*Senior A:* PGS 68 defeated Scotch 25
From the Coordinator of Futures
Website information for exploring post-school options

If they haven’t already started, Year 12 students may like to begin exploring their options for 2016 and beyond. Whilst it is important students concentrate on their studies throughout the term, to ensure they have the best possible outcomes from their Year 12, the upcoming holiday time provides a little respite from the day to day pressures of being at school and therefore an opportunity to explore some post schooling options. Below are several websites, which students (and parents) may find useful, when exploring pathways for their future.

http://www.whatdegreewhichuniversity.com/Home.aspx
http://www.mvfuture.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

Bond University Experience Day – Wednesday, April 15, 2015

Students considering study options at Bond University are advised that there is an opportunity for Adelaide students to fly up to the Gold Coast for the day on Wednesday 15 April, to experience the university in person. The cost is $99 and includes:

• Return flights from Adelaide to the Gold Coast
• Pick up and drop off from the Gold Coast airport
• Lunch and light refreshments
• Campus tours
• Presentations from Bond University faculties and staff

A Bond University staff member will accompany students on the flights. Interested students should contact me asap, as there are only a small number of places remaining.

Bond University – Information evening, Monday, June 15, 2015

Students interested in applying to Bond University are advised that applications are now open. Each year, Bond University offers two 50% Collegiate Scholarships to Pulteney Year 12 students. Year 12 students have been emailed detailed information about the process of application for these two scholarships, which involves an online application to Bond University and also an internal school application. Bond University also offer a number of full-fee and part-fee scholarships to Australia’s best and brightest students. To learn more about Bond University, FEE-HELP, financing a degree, accommodation options and the scholarships on offer, parents and students are invited to attend an Information Evening on Monday 15 June, commencing at 6pm, at the Adelaide Hilton Hotel. In addition, Year 12 students will also have an opportunity to attend a brief presentation at Pulteney on Friday 8 May. Students wanting to apply for the many Bond University scholarships online are encouraged to go to http://www.bond.edu.au/scholarships to explore their options. Applications for all Bond University scholarships close on 31 July. The Admissions Manager for SA is Ms Jennifer Lattore and she can be contacted by email at jlattore@bond.edu.au.
Sydney University Information Evening – Adelaide, 26 May

Students interested in exploring Sydney University as a possible study option for 2016 and beyond are encouraged to attend the information evening, to be held on Tuesday 26 May, from 6 – 8pm, in Memorial Hall at St Peter’s College, Wyandra Lane, Hackney, Sydney. University staff and current students will be available to answer all of your questions about studying at the University of Sydney. The evening will cover the range of courses offered, scholarships, application processes, and life in Sydney. Registration is essential and can be done at https://sydney.edu.au/events/adelaide

BO$$ Camp – 16 and 17 April

BO$$ Camp is Australia’s newest and coolest 2 day intensive entrepreneur program designed for students in Years 10 – 12, aged 14 – 18. It is being held at the University of South Australia Business School, City West Campus and will bring together young people and entrepreneurs to showcase alternative paths of employment. Over the 2 days, students will be coached by experienced local entrepreneurs, learn how to validate their business ideas and find out how to turn their passion into a possible business! There is also a chance to win prizes. The cost of the event is normally $197, but the Adelaide City Council has sponsored some tickets for students who attend city schools and so the cost of the subsidized ticket is $37 for the 2 days. Interested students should go to http://www.eventbrite.com.au/e/bo-camp-2015-adelaide-boss-camp-event-tickets-15530103959?aff=ADAM1 and type in their unique code: cityofadelaide to receive the subsidized ticket. Further information can be found at http://bosscamp.com.au/

Lattitude Global Volunteering Information Night – Tuesday 12 May

Students (and parents) interested in exploring GAP year options are invited to attend the Lattitude Information Evening being held on Tuesday 12 May at 6pm at Walford Anglican School for Girls – Morrison Building, 316 Unley Road, Hyde Park. The session will run for approximately 90 minutes, where previous volunteers and their parents will talk about their experiences and be available to answer your questions. Lattitude have a wide range of placements available in Asia, Africa, Europe, the UK and North America. Applications for 2016 close on June 5 2015. Students are encouraged to register their attendance at www.lattitude.org.au.

Tutors Worldwide – applications closing soon

Tutors Worldwide is an organisation that handles the recruitment of gap tutors for schools in the UK. For details about the organisation, placement opportunities and how to apply, go to www.tutorsworldwide.org. Written applications are required for placements in 2016 and must be posted and received (in New Zealand) by 9 April 2015. There is an initial registration fee and selection interviews will be conducted, usually in April.

Adelaide Careers & Employment Expo – 22 and 23 May

The Expo is being held on 22 and 23 May in the Jubilee Pavilion of the Royal Adelaide Showgrounds. The Expo will have approximately 120 exhibitors covering many areas including VET, training institutions, tertiary institutions, apprenticeship and traineeship opportunities, plus career guidance organisations. For more information go to www.ncee.com.au. Year 10 students will be attending as a part of their PLP program. Other interested students are encouraged to attend on Saturday 23 May (10am to 4pm).

Tertiary Studies and Careers Expo – June 14 and 15

The Tertiary Studies & Careers Expo (TSCEA) is being held at the Adelaide Convention
Centre on North Terrace, on Sunday 14 June, 10.00am – 4.00pm and Monday 15 June, 9.30am – 1.30pm. Admission is free. All students (and parents) are encouraged to attend, to explore their future career options. There are many exhibitors, including representatives from all Universities in South Australia, plus some from interstate and overseas, Private Education Colleges, TAFE SA, Government Agencies, Professional Associations, Local and National Employers and the Defence Forces.

International College of Hotel Management Career Week – Monday 6 to Friday 11 July

Year 11 and 12 students considering a career in hospitality or business are encouraged to explore the possibility of taking part in the ICHM Career Week program. It is a live-in introduction to the College, where students will learn about international tourism and hospitality, explore different career paths, gain an introduction to management and supervision topics, visit local hospitality and tourism sites and learn more about the opportunities of studying at ICHM. Further information is available at http://www.ichm.edu.au/about/careers/career-weeks or from the Futures Office.

Adelaide University Parent Newsletter

Parents of students thinking of studying at the University of Adelaide are invited to sign up for a parent newsletter at http://www.adelaide.edu.au/publications/pdfs/parents-guide.pdf. The first edition for this year looks at the basics of university entrance, application processes, alternative entry pathways and bonus points. There is also a link to a parent brochure about the university that might be of interest.

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

Leeanne Johnston-Bryan
Coordinator of Futures

Wellbeing

Emotions and Learning

The brain is bombarded by billions of bits of information every second! Therefore it needs filters to prevent it from becoming overloaded. There are three “gatekeeping” filters which help the brain to decide what information is important and what is not. However, sometimes these filters are activated at the wrong time, and important information which should be stored in long term memory is bypassed because the filters have been over-effective.

The first information filter is the Reticular Activating System (RAS). Learning will be more successful and students will be able to focus on what information is important if this filter is kept open and switched on. When the brain is overwhelmed by negative emotion, the RAS ceases to be an effective filter and is no longer in control of information processing.

To assist effective RAS functioning:

- eat healthy food and get enough sleep
- develop awareness, and some control over, negative emotions
- stop occasionally during study and consider how things are going. If all good, enjoy
that feeling and think about how it is assisting learning. If the feeling is less positive, think about the times a similar feeling was experienced in the past, and what was done to turn the negative into a positive.

The second information filter, the limbic system, is the emotional core of the brain. The amygdala, part of the limbic system, is like a central bus station, sending information along different routes based on the emotional state of the individual. Negative emotions cause the amygdala to block entry of information into the thinking part of the brain.

**To assist the amygdala to function efficiently:**
- maintain a positive attitude towards study; should negativity prevail, it is necessary to try and regain a calm, positive and focused mood – to reflect rather than react!
- deep, relaxation-breathing techniques can be useful.
- imagine being the director in a play, watching an emotion filled actor (yourself!) on the stage; give the actor advice as how to deal with the situation. This technique uses the thinking part of the brain, where memories that could assist in dealing with negative emotions are stored and can be accessed.

Next to the amygdala is the hippocampus which connects new information to existing knowledge together making new memories which are then ready to store as long term memories.

**To assist the hippocampus function efficiently:**
- review and practice what has been recently learned so that new connections, are reinforced. Reinforcement makes the brain stronger, a little like a muscle which develops with exercise. The more times something newly learned is reviewed, the stronger the brain’s networks become, and the more likely the memory is to stay in the brain. Practice moves information into permanence!

One other thing will help the brain to learn effectively; a chemical called dopamine. Dopamine helps the brain transmit information, as electrical impulses, from one neuron to another. The brain releases extra dopamine when an experience is enjoyable. Positive emotions help dopamine travel to more parts of the brain than negative emotions, activating additional neurons. Increasing dopamine also assists in enhancing alertness, memory and the organizational part of the brain, the pre frontal cortex. Some activities such as gaining a personal best, laughter, physical activity and positively interacting with friends aid the production of dopamine and boost learning. Experiencing pride in gaining a personal best will increase learning power and help students to more successfully make good judgements and solve problems.

Next term I will explain what happens to information once it has passed these three filters.

By Wendy Stewart,
Learning Support Centre – Gifted Focus

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**BO$$ camp 2015 Adelaide**

Do you know of any 14-18 year olds? And perhaps they are looking for something to do with their friends in the school holidays, as well as meeting new people?

Maybe they are looking for something different to do that isn’t boring or expensive.

Introducing entrepreneurship to teenagers, BO$$ camp is being held at the University of South Australia on 16-17 April 2015, 9.00 am – 5.00 pm each day.

Hear from inspiring speakers, work with amazing mentors, connect with entrepreneurs and most importantly have fun.

There is a huge prize pool worth thousands of dollars too!

So how can you get tickets? Well if you make a quick video saying why you want to come and email it to scott@bosscamp.com.au then you and a friend could go for free thanks to our generous sponsor BDO.
If you'd prefer to go straight to the tickets, a set number have been heavily discounted from $197 each to $37 each, again due to the support of sponsors.

Here is the link to register: http://bosscamp.com.au/registernow/

And enter the following relevant promo code:

If you live, work or go to school in the City of Adelaide: cityofadelaide

Click here to download a pdf.

Pulteney Shop

Telephone: 8216 5538
Email address: pulteneyshop@pulteneysa.edu.au

Open Times for Term 1

Monday  8.00 am – 10.30 am and  3.00 pm – 4.30 pm
Wednesday  12.30 pm – 4.30 pm
Friday  8.00 am – 11.30 am

Open times April 2015 School Holidays

Monday 13/4/15  10.00 am - 1.00 pm
Wednesday 15/4/15  10.00 am - 1.00 pm
Friday 17/4/15  10.00 am - 1.00 pm
Monday 20/4/15  10.00 am - 1.00 pm

Term 2 is full winter uniform as advised in previous PRWs.

The Pulteney Shop wishes all Students and Families a very happy Easter.

We look forward to seeing you in Term 2.

Have a great weekend,

Jenny Hewitson,
Shop Manager.

Senior Sport Notices

Softball

Intercol Match: Open A’s defeated Scotch 15-4

Saturday 28/3:

Open A’s defeated St Peters 16-5

Open B’s – bye

Middle A’s defeated Scotch 21-14

Middle B’s defeated Scotch 18-9
Girls Tennis
30/3/15 Open B 30/3/15 PGS 1/14 lost to Saints Girls 5/32
Intercol 28/3/15
Premier A league PGS 6/36 defeated Scotch 0/4
1st Single Ella Wiltshire PGS defeated Bethany Williams 6-0
Open B PGS 6/36 defeated Scotch 0/4
Intro A PGS 1/14 lost to Scotch 5/35
Intro B PGS 2/20 lost to Scotch 4/28
Open C PGS 6/36 defeated Pembroke 0/16
Open D PGS 3/26 lost to Pembroke 3/27
Open E PGS 2/25 lost to Pembroke 4/28
Open F bye

Boys Tennis
Primary A1: PGS 4 sets vs Scotch 5 sets
Primary A2: PGS 2 sets vs Scotch 7 sets
Middle A lost 6-3
Middle B won 7 sets to 5
Middle C lost to Scotch
(51 games to 53 games)
Senior B: We won 10 sets to 2
Senior A: Scotch won 6-3
Drive: 5 sets to 4 lost to Scotch

2nd XI
Pulteney 51 lost to Scotch 9/142 Dean 3/18 Jorgensen 2/15
With Scotch winning the toss and batting, we looked forward to a competitive 40 over a side
game on the main oval at Scotch after the early finish to the 1st XI game. Leaving the change
rooms for the start of the game, our opening bowler, Scott Noack, had an accident requiring
some attention to stop the blood flow before he was able to take to the field.
Despite bowling and fielding well, we failed to take any early wickets. Scotch’s openers played
very well, showing us what can be done when you move your feet and play with a straight bat.
They proceeded to 0/82 after 19 overs and we looked like chasing a score in excess of 200.
Then the game changed. Both openers were caught at mid-off by Hamish Thomson from the
bowling of Alex Jorgensen. Our tight bowling and fielding began to pay dividends. A great
team effort that included 2 run outs and only one dropped catch, combined with great
bowling from Jack Dean, saw us restrict Scotch to 9/126 as they lost 9/44. Unfortunately we
were unable to finish them off and they finished with 142. Clearly our best performance in
the field for the term and a score we saw as achievable.
Then we batted.........
Year 8/9

Pulteney 6/86 (Connor Schatto 31, Tom Rundle 26 n.o) lost to Scotch 5/127 (Matthew Beahan 2/8, Henry Bleby-Williams 2/24)

After three successive wins this was our toughest challenge – playing a strong cricketing school comprising all Year 9’s and without Sath Sukumaran, Jack Strawbridge and Callum Rowett. We made a promising start and reduced Scotch to 2/24 off 11 overs, but unfortunately our fielding and bowling standards deteriorated when under pressure. Our top order batsmen failed, but after reeling at 5/23 a 60 run partnership between Connor Schatto and Tom Rundle was most encouraging for the future.

Despite this loss against older opposition we had a wonderful season. Special mention must be made of Sath Sukumaran (90 runs, average 90) and Will Craddock (54 runs, average 54). Tom Rundle produced exceptional bowling figures of 10/33 off 17 overs and has been selected in the South Australian U/15 squad. We look forward to Term 4 and beyond with great optimism!

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Girls Basketball

Senior A- PGS 68 defeated Scotch 25
Lucy Sara 16, Mia Valk 15, Jess Rule 14, Katia Stamatelopoulos 12, Maritsa Coumi 9
Senior B- PGS 34 defeated Scotch 14
Kirsty Kittel 10, Natasha Holmes 10, Neha Athreya 6
Middle A PGS 20 lost to Scotch 28
Best Players Tayler Price, Laura Argy, Lara Kittel
Middle B PGS 23 defeated Scotch 14
Best Players: Grace Bourke, Kim Verhulst, Sophie Cardillo
Middle C PGS 57 defeated Walford 4
Best Players Maggie Bailey, Jessie Aldridge, Anna Evans

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Boys Volleyball

Senior A 0 defeated by Scotch College 3
19:25, 14:25, 20:25
Senior B 2 defeated Scotch College 1
25:18, 16:25, 16:14
Senior C 2 defeated Scotch College 0
26:24, 25:19
Middle A 1 defeated by Scotch College 2
22:25, 25:18, 13:25
Middle B 1 defeated by Pembroke 2
9:25, 10:25, 11:15

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Girls Volleyball

Senior A 0 defeated by Scotch College 2
25:27, 23:25
Senior B 2 defeated Immanuel 1
19:25, 21:25, 25:22

Middle A 2 defeated Immanuel 0
25:17, 25:20

Middle B 0 defeated by Immanuel 2
17:25, 14:25

Prep Sport Notices

Winter Sports
Please refer to the sport your child is playing in terms 2 and 3.

Football, Yr 2, 3, 4/5 and 6/7.
Games commence – Saturday May 2 for Yr 2, Yr 3, Yr 4/5 and 6/7 teams.
Uniform required – PGS Football jumper, PGS shorts and PGS socks. Sprigged boots and mouthguard strongly recommended.

Hockey – Yr 3, 4 and 5/6
Games commence – Friday May 8. Yr 4 will have a Bye due to camp.
Uniform required – Yr 3,4 White PGS sports top, Navy shorts, PGS navy socks. Yr 5/6 wear PGS Hockey top. MUST have shin pads and mouthguard to play.

Soccer – Yr 4, 5 6
Games commence – Friday May 1 for Yr 4 and 5 teams, Sat May 2 for Yr 6.
Uniform required – PGS Soccer top, PGS Soccer shorts, PGS navy socks. Shin pads essential.

Netball – Yr 2,3,4,5,6
Games commence – For Yr 2,3,4, Monday April 27, for Yr 5,6 Friday May 8
Uniform required - White PGS sports shirt, Navy skirt, white socks. Yr 2 Navy top.

Basketball –
Week 10 is the last week for Basketball games for the term (no Yr 3 games on April 2). Can singlets be returned washed, to Mrs Reynolds. Names MUST be marked off the list.

Be part of the future at Cumberland United
come and learn the world game at the home of the foxes

Throughout 2015 Cumberland United Football Club will be holding 7 All Day Community School Holiday Programs for 7 to 12 year old boys and girls. All sessions to be held at our home grounds at A.A. Bailey Reserve, Winona Avenue Clarence Gardens, from 8:15am until 15:30pm each week day.

The dates for the 2015 Community School Holiday Programs

• Mon 13th Apr – Fri 17th Apr
• Mon 20th Apr – Fri 24th Apr
• Mon 6th July – Fri 10th July
• Mon 13th July – Fri 17th July
• Mon 28th Sept – Fri 2nd Oct
• Tue 6th Oct – Fri 9th Oct
• Mon 14th Dec – Fri 18th Dec

Times & Costs

Morning Session 8:15am – 12:30pm $20
Afternoon Session 12:30pm – 3:30pm $15
All Day Session 8:15am – 3:30pm $30

All sessions will be run by our Junior Football Director “Neil Young”, Neil has played over 500 game of professional football in England and was the FFSA “Coach of the Year” in 2009.

Bookings are essential as numbers will be limited, reserve your position by phoning Neil on 0406 899 989, or email him at juniorfootball@cumberlandunited.com.au
2015 PGS Term 1 Holiday Football Clinic

You are invited to join the Pulteney Football & Sporting Staff for a 2 Day Football Clinic, to be held during the End of Term 1 Holiday Break.

The Clinic will consist of training sessions, gameplan instruction and team bonding games and exercises. The Clinic is for Years 6 ~ 12.

Pulteney Staff & Coaches will be in attendance, along with AFL Hall of Fame Legends

Gavin Wanganeen & John Cahill

Dates: Thursday 16 April 2015 9am ~ 12pm &
       Friday 17 April 2015 12pm ~ 3:30pm

Locations: The Thursday Session will be held on the South Parklands opposite PGS. Meet at the Morgan Changerooms at 9am.

On the Friday, please meet at the PGS Front Gate at 11:45am, as we will taking a bus from 12pm to the home of the Port Adelaide Football Club, Alberton Oval, for a tour of the Power's Training Facility and Oval, and to undertake some training sessions there. The bus will return to PGS by 3:30pm. (Thanks to Gavin Wanganeen for organizing this)

Cost: $20 (covers both days)

To Book: Please Book by Friday 10 April 2015
         Go to the TryBooking Website at the link below:
         http://www.trybooking.com/HGRA

Enquiries: David Emms (PGS Football Co-ordinator)
           david.emms@pulteney.sa.edu.au
Erica McWilliam will be returning to Pulteney to present a Parent Forum where she will speak about the future of our children and the importance of a progressive, learning-focused education.

Wyatt Hall, Wednesday 22 April at 7.00pm.

Erica’s career has involved four decades as an Australian secondary teacher, teacher educator and writer, moving from two decades in the schooling sector to a professorial role as an educational leader. She is now a Fellow of the Australian Council of Educators and an Associate Fellow of the Australian Learning and Teaching Council.

Book on the school website or http://www.trybooking.com/HCTO
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