From the Principal

A Celebration of Community

In the last week, I have witnessed four significant moments in the life of Pulteney Grammar School that have reaffirmed our community’s strength and cohesion.

The first was the very moving ANZAC Service on Friday last week, where students of all ages, staff and Old Scholar Major Peter Male, reflected on the historical and cultural significance of ANZAC Day through poetry, reflective writing and the traditional formalities of the Ode of Remembrance and the laying of a wreath. The service was a poignant reminder of all those from the Pulteney community who have served and are currently serving in our nation’s armed forces. Flowing on from this, on Friday evening at the Navy Blue Formal attended by students in Years 11 and 12, students observed a minute’s silence and the Last Post was played. I must say that as a senior leader in schools who has attended her fair share of balls and formals over the last 24 years, I have not been more proud of the respect and care with which the students completed this undertaking.

The third touch point that reaffirmed our strong community ties was the very quick response from staff, students and community members over the weekend and early this week to the disaster following the earthquake in Nepal. Even at this early stage, the School has been inundated with offers for help, in both practical and monetary terms so that we can continue to provide support to Mother Rajan’s Orphanage and the Blue Sky School. Please visit our School’s website for further information about how you can support us to help those in need in Nepal.

Finally, the Official Opening of the Centre for Senior Learning on Tuesday was a significant moment in the life of our School and our community as it marked another innovation in the ongoing development of the dynamic learning opportunities we provide for our students. We were thrilled to have the Governor of South Australia, His Excellency the Honourable Hieu Van Le and his wife Mrs Lan Le in attendance; they are incredibly proud past parents of Pulteney and their advocacy for our School was evident throughout the Governor’s address to the gathered guests. Further tours of the Centre are being offered throughout this week to community members; please follow the link on our website for more information.

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/
Official Opening of the Centre for Senior Learning

Community Tours
Due to the large number of families who have taken the opportunity to wander through the Centre for Senior Learning, and the low number of bookings for Friday evening we have decided to rationlise the tours to mornings only. These can be booked via the trybooking link on the School’s website.

Diary Dates

1 May Anglicare Combined Concert
6 May Year 4 Camp
7 May Year 11 Surfing
16 May Venture Club Wine Night
18 May Year 9 Camp
19 May Kurrajong Grandparents Morning
20 May Year 12 Performance Exams
27 May Senior School Principal’s Tour
28 May School Production - ‘Legally Blonde’ (Jr)
28 May Junior School Principal’s Tour
29 May Founders Day
30 May St Peter’s Cathedral Combined Schools Concert
2 June Year 8 Immunisations
3 June Year 10/11 Swot Vac
3 June Year 10/11 Drama Production
4 June Year 10/11 Exams
8 June Queen’s Birthday Holiday
11 June Year 3 Camp
15 June Year 11 Work Experience
16 June Year 10 Camp
16 June Junior school Photos
20 June Old Scholars Dinner
26 June End of Term 2

QUAD CAFE
IS NOT ON THIS FRIDAY

Go to: www.facebook.com/pulteney and click the like button.
I write to provide an update on the situation in Nepal. As you can imagine the sheer magnitude of the destruction in Kathmandu together with continuing aftershocks and poor weather is making it difficult to build a complete set of facts.

We have been in regular contact with Ishwor, Prem Oli and Dr Santosh Dahal. As you might have read on Pulteney's Facebook page, Ishwor was at the Orphanage at the time the first earthquake struck, and evacuated the children to the adjoining vegetable patch. Both the Orphanage and adjoining school have suffered significant damage and are not yet safe to enter. We are endeavouring to arrange a builder and architect to assess the damage but as you can imagine this is difficult at the moment. As of last evening, all the children had overnight shelter; some in tents, some in a small church. They are able to use the single toilet at the church. Having lived on a large bag of rice for 3 days we were able to get more food to them yesterday. Cooking is on outdoor fires at the moment.

Prem, Headmaster of Blue Sky School, has not yet been able to have his buildings assessed. Since Saturday he and his family have camped with approximately 5000 others on an open area about the size of Morgan Oval. There are no toilets and very few tents, with most people under rudimentary tarpaulin structures. When I spoke with Dr Santosh on Sunday morning there were 460 patients in the garden outside of the hospital as well as those inside. Operating facilities were insufficient and blood products and other supplies already stretched. His greater concern in the medium term is the threat of diseases, most particularly those related to lack of sanitation and clean water. Typically these problems become significant within 12 weeks of such a disaster. He believes the death toll will also rise significantly as more than six million people are thought to have been within a 100km radius of the quake’s epicentre.

There are several ways you can assist our community in Nepal.

We are considering a large fundraising event and will seek your input soon.

On the Pulteney website there is an opportunity to make tax deductible donations, specifically to our projects, through the Rotary overseas aid programme currently investigating a major fundraising event for which we will seek your input and assistance. Donations to these accounts will be used to support repairs or building works at both schools and the orphanage.

There is a significant need for cash at the moment, to supply day to day needs including food and bedding. We will forward donations, as they are made, for this purpose directly to Ishwor and Mother Rajan. Should you wish to help in this way, please direct your donation, using your surname and initial for identification, to the Friends of Pulteney account, Bank SA BSB 105-900 Account No. 953675740.
We are collecting toothpaste and brushes, shampoo, soap, personal hygiene products, vitamin supplements, and glucose rich sweets to be sent to the orphanage next week, courtesy of the RAAF.

Large tents are also sought. If you are able to assist with any of the above items, or would like more information, please call me on 0407 397 935.

Mark Bauchier,
Director of Community Relations

From the Chaplain

Belief and Doubt- all good!

How is it that we believe some things and not others? What shapes belief? What drives doubt? When I was a child I felt like I lived in a world where belief was an uncritical good thing and doubt was bad. In fact being called a ‘Doubting Thomas’ was usually a put down. Now I do not think this. Now I know and believe differently. Life is complicated and simple dualisms do not do justice to our humanity.

Neither belief nor doubt are uncritically good or bad things. To build on the colour metaphor, there is a lot of grey in-between. For many people grey, in fact any colour your can think of, is just fine—and just as well. I was once assessed as a training teacher as having an extraordinary tolerance for ambiguity. I would love to get some of that back!

However we all at times strive to live in a black and white world where certainty flourishes. Belief and certainty can be very life giving. There is also a dark side to belief and certainty. Forms of religious and intellectual fundamentalism can be a very dark force in human lives. Almost every human is born with the physical ability to hear. Listening however, is a strenuous, emotional, relationship driven task. If we have truly listened we will always have shifted our certainty and belief, even if only a tiny bit. If we have not added to our understanding, enhanced our relationship, formed clear and broader points of view, and strengthened our knowledge and ability to explain our thought and emotions, then almost certainly we have not truly listened.

Despite knowing we do not live in a world that is black and white, reason and objectivity are highly valued by our society. Science and Law are often held up as being fact and reason driven ways of thinking? The reality is that humans are spiritual and this is challenging to explain in fact driven, fully reasoned manner. Human spirituality encompasses both the ‘sacred’ and ‘secular’. Sacred Spirituality – the agency of human beings in our world contextualized by the exploration of an inner life. This exploration of the soul…mind…heart … will reference something other than the individual human and may include faith, belief, religion, God or other ‘higher being’. Secular Spirituality is more simply the agency of human beings in our world, living in community. We need to be in community, in relationships to thrive as human beings.

In the Prep School the Habit of Mind being explored this term is ‘Thinking about Thinking’. This led me to reflect on the dichotomy of Fundamentalism and Relativism. Both I think can be injurious to our society and human flourishing. Relativism is the philosophical position that all points of view are equally valid, and that all truth is relative to the individual. This means that all moral positions, all religious systems, all art forms, all political movements, etc., are truths that are relative to the individual.

When ‘Thinking about Thinking’, (Metacognition) we are being aware of own thoughts, feelings, intentions. We know what we do and say affects others. We need to be willing to consider the impact of choices on ourselves and others.
Thinking about Thinking! Belief and Doubt, much more important than just good, they are an essential part of being fully human.

There are many wonderful quotes on ‘Habits of Mind’ websites. This one caught my attention.

“If you do not ask yourself what it is you know, you will go on listening to others and change will not come because you will not hear your own truth.” Saint Bartholomew

Baptism and Admission to Communion

During Term 2 the Prep School Year 3 cohort will be preparing for Admission to Communion in the Anglican tradition and for some students this will also include Baptism too. This is a wonderful opportunity to explore and deepen their knowledge and understanding of their faith and the faith that underpins the Pulteney community and its connection with the wider Anglican Christian tradition. While this particular program has a Prep Year 3 focus Term 2 is also a wonderful opportunity for any member of the Pulteney to explore Baptism and Admission to Commission. Please contact me with any questions. Term 3 will be a time of preparing for Confirmation.

Magdalene Centre

The season has turned and it is now wet and cold. The provision of gifts of food, warm clothing and blankets, and op shop items for the Magdalene Centre is brought into sharp focus when we think about our own discomfort, when in fact we are very comfortable. The Pulteney community continues to be generous in its regular contributions. Donations can be brought to the Chapel Foyer. Basket and boxes have been labelled so that we can sort and care for your donations.

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

Wellbeing

Dropping the struggle with emotions:

Last week I spoke about Acceptance and Commitment Therapy and the unique approach it takes for dealing with unpleasant emotions. Recall the idea that the more we struggle and resist our unwanted experiences (painful thoughts and feelings), the greater the suffering we tend to cause ourselves. This week I want to share with you a technique which is helpful for dealing with unpleasant emotions such as anxiety, frustration, anger, and sadness (it really can be used for any unpleasant emotion!). To help remember this technique, you may like to remember the acronym NAME.

Notice – When strong feelings show up, the first step is always to notice them. To do this, it is often helpful to take a mindful breath. Breathe out fully, pushing all the air out of your lungs and then allow them to naturally fill back up again. Next, move your focus of attention to your body and notice where it is that you are experiencing this intense feeling. The most common places are the forehead, jaw, chest, stomach, throat, neck, shoulders and tummy. If possible, try and visualize this feeling. What does it look like? How big is it? Is it hot or cold? Small or large? Sharp or round? Try and notice as much about the feeling as you can as if you were a curious detective.

Acknowledge – The next step is to openly acknowledge it’s presence. To facilitate this, a simple
statement such as “here is a feeling of x” will help. Try not to say things such as, “I am angry or I am anxious”, because you are not your emotions. Acknowledgement is an important step in acceptance and it is important to acknowledge your feelings non-judgmentally. If you are flustered and say to yourself “oh no, here is anxiety again”, this is likely to lead to avoidance and not acceptance.

Make room – As was illustrated in the quicksand metaphor last week, when painful feelings show up, we tend to tighten up and resist them. This ultimately leads us to further anguish and despair. Just like when you are stuck in quicksand, when you experience painful feelings, it is best to acknowledge that you are in a bind and to make room for the painful feelings to be there. To assist with this: Breathe in deeply. Imagine that your breath is flowing into and around this uncomfortable feeling. As you do, imagine your breath is magically opening up space inside of you, making room for the uncomfortable feeling, and just allowing it to sit there. You don’t have to like the feeling, and you don’t have to want them to be there, rather, you are simply giving it permission to just sit there. Remember; acceptance is not about getting rid of uncomfortable experiences (for we will always experience them), it is about learning to manage them better. The paradox is, the more you practice acceptance, often the fewer symptoms of painful emotions you experience.

Expand Awareness – Your final step is to expand your awareness. That is, you have recently focused on your internal state of being, and it is now time to turn your attention to the world.

What can you see, smell, taste, touch, and hear? Where are you and what are you doing? Remember; your feelings are still going to be present, but you have just made room for them. They can hang around until they decide to leave, but now you are free to act in ways which are consistent with your values. Rather than withdrawing inwards to your emotions, ask yourself the question, ‘what would I like to do right now that is consistent with my values?’

Chris Clements,
Wellbeing Team

‘The Real Game’ Program

In their wellbeing lessons, Year 7 students will be undertaking ‘The Real Game’ program. The purpose of the program is to explore careers, whilst assisting students to understand the future they face and providing them with skills to function successfully within the workforce and society. The program supports students to examine aspects of life and work through challenges, role playing, written exercises, structured activities, interaction with peers and research projects. Students learn to recognise and accept opportunities, as well as develop an understanding of the implications of the choices they make. Life issues including the importance of education and planning, income and budgeting and work life satisfaction are studied. Through the completion of the program, students will be exposed to realistic aspects of adult life, which they will share with the Pulteney community at a Breakfast, early in term 4.

Emily Petersen,
Assistant Head of Middle School (Pastoral Care)

Being Safe on our Roads

“Road Safety – everyone has a part to play

One of the benefits of life at Pulteney Grammar is the city location, however, it also provides its challenges. The School is bounded by two very busy roads, which can become very
Roads and vehicles are an everyday part of life for all of us. Either as a driver, a passenger, a cyclist, or as a pedestrian, we all must negotiate the road traffic environment on a daily basis. Children are especially vulnerable around vehicles and roads due to their size and capabilities.

As you are aware and, as indicated by the signage, the speed limits on Gilles Street, Symonds Place and South Terrace are reduced to 25 km/h while children are present. This is an important part of ensuring our road safety at peak times of the day.

As we have commenced a new Term, it is an opportune time to remind ourselves of the opportunities to teach children to become safer road-users.

· Park the car and walk around to the sports ground or school campus, on the way explaining the observations and choices you make to get there safely.

· Talk about the importance of wearing seat belts and insist that everyone in the vehicle wears appropriate restraints for their age and size.

· Point out rules of the road when driving.

· Always demonstrate responsible and safe behaviours when driving, as a passenger or while walking anywhere around vehicles and roads.

· Remember children learn good habits by modelling behaviour from adults.

As mentioned in the title, we all have an important part to play in teaching our children to be safe road users.”

Garry Whitelock,
Business Director

Congratulations to TRYathletes

9 students from Pulteney Grammar School took part in the Weet-Bix Kids TRYathlon at North Adelaide Aquatic Centre, Adelaide on the 19th of April 2015.

These TRYathletes from Pulteney Grammar School are:
Brennen, Charlie
Fonovic, Sophie
Healey, Kalea
Henshall, Larissa
Henshall, Luke
Ho, Ethan
Hurst, Charlotte
Hurst, Matthew
Mastersson, Jake
Pulteney Shop
Telephone: 8216 5538
Email address: pulteneyshop@pulteney.sa.edu.au

Open Times for Term 1
Wednesday 12.30 pm – 4.30 pm
Friday 8.00 am – 11.30 am

Winter Sport commences this weekend so please ensure that all Students have the correct Uniform and Full Tracksuit when arriving to play your individual sport.

We still have a good supply of winter uniforms in the Pulteney Shop.
Welcome back and have a great week.

Jenny Hewitson,
Shop Manager.

Prep Sport Notices

Football – Yr 2
If there are any Yr 2 students who would like to play football this term please contact Mr Davis immediately. 0407 397 938 or bill.davis@pulteney.sa.edu.au

Soccer Yr 4 and Yr 5
I am short a few players for each of these teams, if your child would like to play a second sport on Friday afternoons please contact Mr Davis.

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, Yr 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 White PGS sports top. MUST have shin pads and mouthguard to play.

Soccer – Yr 4, 5, 6 Boys
Games commence – Friday May 1 for Yr 4 and 5 teams, Sat May 2 for Yr 6. Girls soccer commences Term 3.
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 and SHORTS.
Basketball Singlets –
Can singlets be returned washed, to Mrs Reynolds. Names MUST be marked off the list.

Grasshopper Soccer
Term 2 program which goes for 8 weeks, commences Sat 9 and Sun 10 May, available for all ages up to 12 years. For details contact Andrew 0408 825 280 or Andrew@grasshopper.com.au
Forms also available from Mr Davis.

Orienteering
Orienteering SA is running events in the city parklands in April through to June, on either Saturdays or Sundays. For more information go to www.sa.orienteering.asn.au or see Mr Davis for a flyer.

Results
Netball
Yr 2 Red – won 5-0
Yr 3 Blue – lost to St Therese 0-8
Yr 3 White – won 2-0
Yr 3/4 Gold – def St Josephs 5-0
Yr 4 Navy – won 14-2
Do you have a sense of AD-VENTURE??
...then be part of the Venture Club

What’s on in Term 2?

Wine Night (for parents)
Saturday May 16
7-9 pm in Sports Centre
bring your friends, and buy tickets at
www.trybooking.com/LZD

Club Meeting
Friday Night May 22
All Students and Parents

Parent Meeting
Wednesday May 6
7.30 pm in G4
All parents welcome

Survival Skills
July holidays
Year 8-11 Students

What to do NOW ...
Students for more information - click here or join Edmodo group 2vars8 or speak to Mr Drogemuller or Mr Brown
Parents email Richard Drogemuller (staff) - click here
or Deb Fyfe (parent) - click here

Like us...
Mother's Day Gift

The perfect gift for the Mother in your life.
The cheerful gift that continues to give throughout a chilly Adelaide Winter.

Diary Note to Me

Gift Wrapped Potted Cyclamen

Miniature
5” Pots
$9.95

$17.95
7” Extra Large Pots

All profits go to our school work with the Labs’ n Life program-‘training Labrador Retrievers for companionship’.

Preordered pots will be available for collection on Thursday 7th May and Friday 8th May.

Please complete the details below and return to your students home group or class teacher by Friday 1st May. (Next Friday)

Student Name: ____________________________  Class: _________

No. of pots □ 5” miniature cyclamen potted colour @ $9.95 per pot.

□ 7” Extra Large Cyclamen Potted Colour Pots @ $17.95 per pot.

Total cost □

Preferred collection Day: Thursday/Friday (circle)

Enclose cash with order or pay online at www.trybooking.com/HPDI

Signature: ____________________________  Date: _______________

www.trybooking.com/HPDI
WHAT A CORKER!
VENTURE CLUB FUNDRAISER
TASTING EXPERIENCE
WINE BEER CIDER CHEESE OLIVE OIL VINEGAR
7-9 pm Robert Henshall Sports Centre
Adults $25  Tertiary Students $20

Like Pulteney Venture Club
My Big Fat Greek Lunch
Sunday 30 August
Now needing donations of Auction Items