How to be a Diamond

Recently, at the High Achievers’ Assembly, Matthew van der Sommen (Year 12 2014) gave one of the most articulate and moving speeches that I have heard about the value of schooling and the importance of having a growth mindset. When I asked him afterwards if I could have the transcript of his speech, Matthew showed me the single piece of paper upon which a rather erratic mindmap had been drawn; whilst this certainly impressed me, my heart also sank - this was the summation of his notes. How would we be able to share his inspiring thoughts with a wider audience?

This week, when Matthew visited me in my office, he once again impressed - he had returned home after the assembly and recalled his speech, nearly word for word! How lucky we are that Matthew has such exceptional public speaking and recall skills. I have provided below a short extract of Matthew’s speech.

I am here today to explain the difference between a diamond and a pipe. There are obvious differences, but the differentiating factor that fascinates me is how they react under pressure. If you put a pipe under enough pressure, it will burst and your bathroom becomes flooded for a week. A diamond however, cannot be formed without pressure. It starts off as a piece of coal and requires that pressure to become a diamond. Without the pressure, it cannot become a diamond. Year 12 is, without a doubt, a stressful year. The pressure of it can break you like a pipe, or make you like a diamond. It’s all about your mindset; how you view the pressure.

When you reach the month of February after completing Year 12, you realise that your ATAR is just 4 digits. Now if I had spent my entire year, striving for a 4 digit number that now is more or less meaningless, I’d be pretty disappointed. Thankfully, I didn’t; I used my senior year as a journey that took me from a piece of coal, to a piece of coal that hopefully has a little more sparkle to it. Today I’m here to tell you how to make all of your dreams come true. Yes, it sounds corny, but I believe it can happen.

The first thing you require to achieve your dreams is self-belief. Everyone in this room today is living in the lucky country; you are in one of the most liveable cities in the world and going to one of the best schools in Australia. Congratulations! You have pretty much won the lottery just by being here. It doesn’t get any better than this. So that alone should be enough to convince you that you are a diamond, but sometimes we need some help to convince ourselves of this. So, I like to look at my heroes and see how similar we actually are…

To read more of Matthew’s inspiring words about having a dream, seeking inspiration (discovering the “why” that motivates you) and how obstacles can become stepping stones, visit the Pulteney Grammar School Facebook site: https://www.facebook.com/pulteney.

We all have the capacity to be diamonds!

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/](http://www.pulteney.sa.edu.au/our-school/principals-message/principals-blog/)

**Diary Dates**

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<td>3 Apr</td>
<td>Good Friday</td>
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**From the Head of Kurrajong**

It is hard to believe we are already halfway through Week 5 of the school term. There has been an exciting vibe right from day one of the 2015 school year and this has continued to build each day. All new students have now settled in well and each class is getting to know their newly formed class community. It is not only important for your child to build friendships, but also for parents to get to know the families in your child’s new class. The parent reps have been busy planning social functions for your child’s class and I encourage you to attend these functions and become involved in the Pulteney community as well as organise ‘play dates’ with your child’s new friends! In Kurrajong we have welcomed the return of Ms Cass Smith from parenting leave. Cass is teaching in ELC W this year; having previously taught across all year levels in Kurrajong. Cass is currently on leave for the next fortnight, busily preparing for her wedding to fiancé Billy van den Broek this Friday 27 February. We wish them all the best for their special day. We have also welcomed two new educators in ELC W this year, Maddie Fowler, who is also a Pulteney Old Scholar and Lisa McClymont.

**Junior School iPad program**

Term 1 will see the introduction of a 1:1 iPad program throughout the Junior School. This is a very exciting initiative that will see the deployment of a School owned and issued iPad to each student from Reception to Year 6.

A strategic planning team has been investigating the use of 1:1 mobile devices within a Junior School context over the last twelve months. This has involved looking at national and international research, visits to other schools (both locally and interstate), a classroom trial, and guidance from Information and Communication Technology consultants.

The aim of this investigation was to create a plan to provide all staff and students with the skills, tools and mindset to achieve success in the rapidly changing technological and information rich world.

The iPad program will begin in Term 1 [2015]. The iPads will be provided to students in a staged process throughout first term. We are aiming for the Kurrajong students to have the iPads in their classrooms by approximately Week 7 of this term. The devices will be stored and charged at school. Only applications that have been evaluated, approved and endorsed by teaching staff will be allowed on these school owned devices.

As part of this program continuous learning opportunities will be provided for students, staff and parents to extend their understanding of cyber safety and positive digital citizenship. Physical wellbeing has also been considered and students will be exposed to a range of strategies to ensure the correct ergonomic use of these devices.

Thank you to those parents who were able to attend the Junior School iPad Parent Information Evening on 16 February at 6.30pm in Wyatt Hall. The feedback we have received from parents has been very positive and supportive of the program. If you have any questions please do not hesitate to contact myself or the teaching staff.

**Sports Vouchers for Reception – Year 7 students**

At the 2014 State Government election, the Premier; Hon Jay Weatherill MP, made a commitment to provide a sports voucher to the value of $50 for every primary school student in South Australia. All parents of Reception – Year 7 students would have received a letter last week explaining how to use the voucher.

Questions regarding the Sports Vouchers program can be emailed to: [sportsvouchers@sa.gov.au](mailto:sportsvouchers@sa.gov.au)

Fact sheets and further information for parents/carers are available on the Sports Voucher [Go to: www.facebook.com/pulteney and click the like button](http://www.facebook.com/pulteney).
‘Reception Reading’ Parent workshop

This morning Mrs Shelley Stuart (Learning Assistance Program and Reading Recovery teacher in the Learning Support Centre) presented a ‘Reception Reading’ workshop for Reception parents to assist their learners as they begin the reading process. Shelley will repeat this workshop again tonight from 6.30pm – 7:15pm in the Kurrajong Music room. You are still able to attend tonight’s workshop even if you have not returned the reply slip. If parents from other year levels are also interested in attending, you are more than welcome to come along.

‘The Building Blocks for Positive Discipline’ Parent workshop

Ms Madhavi Nawana Parker, a Behavioural Consultant who runs “What’s the Buzz” and “Bounce Back” social skills programs at Pulteney will present this engaging workshop for parents on Wednesday 4 March in the Kurrajong Music room. Two session times are available to cater for busy families; 9am – 10.30am and 6.30pm – 8pm. The workshop will focus on enabling parents to develop discipline methods that encourage their children to problem solve, to be more independent and cooperative. I look forward to joining you at these informative sessions.

Kurrajong Sports Morning

The children are getting very excited about the upcoming Kurrajong Sports Morning on Friday 6 March and are looking forward to showing their skills to family and friends. Each class will participate in a warm up health hustle lead by PE teacher, Ms Kylie Stephanos, followed by developmentally appropriate non-competitive activity circuits. Please return the slip on the form that came home last week if your child requires After School Care after the 11:45am finish on Sports Day by Friday 27 February. Donations of water can be left in the Kurrajong Office together with the form if you can assist the Friends of Pulteney on the day.

Student led Conferences

In Weeks 8 and 9 the Reception – Year 2 classes will be implementing Student Led Conferences. These will replace previous Parent/Teacher interviews that the school has held in the past. The online booking system will still be used to book the Student Led Conferences, just like we have done in the past for Parent/Teacher interviews. Parents will receive an email in the coming weeks for when the online booking system will be live.

So you are probably wondering what are Student Led Conferences. Student Led Conferences differ from the teacher-directed Parent/Teacher interviews, as the student is actively involved in the learning and the reporting process. Student Led Conferences take the form of a conversation between the student, their parents and their teacher, allowing students to demonstrate their individual growth and any particular achievements that they are proud of. Student Led Conferences are an integral part of our reporting process and are linked in with our formal reporting processes.

Our School’s Professional Learning Goal for 2015-2016 is to improve student outcomes through personalising learning. Personalised learning is a term used when referring to students taking greater responsibility for their own learning. Essentially, this involves students increasingly making their own choices (with teacher support) and giving them a voice in goal setting, planning, managing and assessing their own learning. Teaching in a personalised learning culture is shared, responsive, explicit and targeted towards individual needs, interests and talents. Ongoing reflection and assessment of progress during the learning process – teacher feedback, student self-assessment and peer feedback – are critically important elements of personalised learning.

Student Led Conferences are a perfect example of personalised learning in action. They enable students to take an active ownership role in their own learning and to explain to others what they have learned. In summary, the goals of student led conferences are:

- to encourage students to accept personal responsibility for their own learning
- to develop reflective thinking skills and dispositions
- to support learning of the skills and process of self-assessment (assessment as learning)
In the coming weeks parents will receive a form to complete before the student led conference. This form is important to complete in order to address parents’ questions or concerns, so the conference is meaningful for you and your child. Students will also be working with their classroom teacher to complete a goal development sheet that will be shared at the conference. After the conference there will be a reflection form for parents to complete on your experience of the student led conference so we can continue to reflect and reform our current practices. As a staff we are looking forward to this new and more personalised conference to celebrate your child’s learning.

New ‘Three year old’ room for Early Learning Centre in 2016

It was with great excitement at Speech Night last year when Chair of the Board, Mr Tim Goodes announced to the Pulteney community the additional Early Learning Centre room that will cater for children aged three years of age. This new room will be created in the current Kurrajong Music room and will commence from Term 1 2016. Building works for the re-design of this space will commence approximately in Term 3 2015. Music lessons for Term 3 and 4 of 2015 will occur in the spare classroom upstairs next to Georgina Luckman’s Year Two classroom.

The new ‘three year old’ room will operate the same as the current ELC rooms with a Long Day care component, operating from 7.30am to 6.00pm, 50 weeks a year. The room will cater for 20 children on one day and children can attend a minimum of 2 days and up to 5 days. A four-year trained early childhood teacher and 2 qualified educators will implement the early years program that focuses on the national curriculum ‘The Early Years Learning Framework’ together with the influences of the Reggio Emilia principles.

For enrolment enquiries please contact the school Registrar, Mr Malcolm Dolman via email at malcolm.dolman@pulteney.sa.edu.au or by phoning 8216 5566.

Wishing you all a relaxing and hopefully milder weekend.

Virginia Evans,
Head of Kurrajong
virginia.evans@pulteney.sa.edu.au

From the Chaplain

‘… But who do you say that I am?’ …’You are the Messiah…’

Who is Jesus? In Mark’s Gospel Jesus asks his disciples ‘who do you say that I am? Only when pressed did Peter answer,’You are the Messiah’. Prior to this Jesus was only being told what other people had said. If the disciple Peter struggled to comprehend the answer to this question of Jesus’ identity how can we reasonably hope to know the answer ourselves? There are messiahs in a number of religious traditions. It literally means to be the anointed one, the saviour or liberator of a group of people. Understanding Jesus’ identity as one of being a ‘Messiah’, ‘Messiah of God’, ‘Messiah, Son of the living God’ is challenging if not impossible to comprehend.

The question ‘Who is Jesus?’ is complex and I believe thoroughly beyond literal. How then can our knowing of Jesus be made comprehensible? Counterintuitively I have come to better understand who Jesus is by allowing the question become even more complex. This however
allows the question to be grounded in everyday human experience. By invoking philosophical thinking about ontology- the study of the nature of being, becoming, existence and reality, we can better understand who Jesus is.

Through Jesus’ teaching Christians come to know that it is in respect filled relationship, not in the exercising of power over others, that the development of our strength of character and identity is best made. This is why he challenges the disciples and us to think about who he is truly is. Thinking about who Jesus is helps us think about who we are.

Grounding this in the everyday. How do we learn about people? When we are first introduced to people we often learn their name, what their occupation, school or personal interests are, possibly where they live and perhaps a fact or two about their family. We make assumptions and build meaning from this information. We know we have to be careful about assumptions, first impressions, however it is human instinct to make as much meaning as we possibly can from our encounters with people.

Now a first encounter rarely gives us more than factual information. It is deeper conversation and shared experience that reveal the depth of a person. We are given the privilege of knowing a person beyond facts; we get to know who they are, what they think and why they think like they do— in short we ‘get’ who they are. An ontological knowing of sorts that has quite naturally and simply moved well beyond the purely literal. We can also know ourselves better as we better understand other people, and we can include Jesus in this self-discovery.

Our journey with Jesus takes us from knowing what others say about him to knowing who he is for us. We are all on that journey. We all experience Jesus in very different ways even though we are experiencing the same Jesus.

We know that the building of the Christian community begins with the faith of the earliest disciples and continues through the ages with the faith of people like us. Jesus did not choose great thinkers or exclusively saintly people to grow the church. He chose ordinary people. People like the people who make this Pulteney community a great place. Pulteney has the legacy and tradition of being a school grounded in Christian community. They brought a wide range of talents to community: great listeners, observers, builders of positive relationships and Pulteney continues to flourish because of this.

While there is a great need for prayer and reflection in our lives, to truly listen does not mean passively sitting around in silence waiting for God to speak to us. We also need to be active. We need to open our eyes to see, our ears to hear and our hearts to experience Jesus’ presence and power in the daily events of our life. More likely to be an ontological experience than a literal one and clearly analogous to our deepest and most treasured human relationships.

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 anytime 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

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**School Ski Trip 2015**

To download details click here
Wellbeing

Cramming Vs. Sleep

It's 2am and you find yourself at your desk trying to cram as much information before your exam that morning. You think to yourself, 'do I grab another cup of coffee and revise one more chapter, or do I call it a night and get some much needed sleep?' Many of you have probably found yourselves in a similar situation once or twice before – university or high school ring any bells? If not, perhaps you have recognized similar revision methods emerging in your own children.

In a recent Ted-Ed talk, Dr. Shai Marcus defends the role of sleep in restructuring the brain and its importance in retaining information. According to Shai, many people have a misplaced view that sleep is 'lost time', and yet this couldn't be farther from the truth. In 1885, German Psychologist Herman Ebbinghaus demonstrated that people typically forget 40% of new material within the first 20 minutes of learning it. However, this process can be prevented through memory consolidation - the process of shifting information from short term memory to long term memory.

One of the major factors contributing to memory consolidation is sleep. Specifically, studies of electroencephalography (EEG) images of subjects asleep, show that slow wave sleep is an integral stage for encoding declarative (facts and figures) memory to long term storage. On the other hand, REM (Rapid Eye Movement) sleep, is essential for the consolidation of procedural memory (knowing how to do things such as piano recitals) to long term storage.

Based on a number of studies, Dr. Shia Marcu concludes that going to sleep 3 hours after memorizing facts and figures and 1 hour after learning procedural information is the most beneficial. The video by Dr. Shai Marcu demonstrates that skimping on sleep to cram in extra revision may actually be doing more harm than good. If you would like to view the short video, please visit the link below:

http://ed.ted.com/lessons/the-benefits-of-a-good-night-s-sleep-shai-marcu

Wellbeing Team,

Chris Clements & Michelle Roesler

Senior Sports Day

Thursday, 5 March, 2015, South Parklands

Parents and friends are welcome to join our senior school students as they compete for their House on the School ovals in the South Parklands.

This is a compulsory event for all students from Years 7 to 12. ALL students are encouraged to participate in Sports Day either as a competitor, a helper for Heads of House or as an official. ALL students must report to the house area (tent) by 8.30 AM with the first event beginning at 8:50 AM. NO student is to permitted to leave the parklands without permission from a Head of House.

On Sports Day all students may wear their house shirts and Pulteney sport shorts to school. Appropriate footwear must also be worn during all events. Hats are compulsory and need to be worn and students are strongly encouraged to apply sunscreen! Water bottles are essential, however, food and beverages are available on the day, with our wonderful Friends of Pulteney supporting the event.

Please note that a separate spectator tent will be set up for parents and friends near to the finish line. A large tent will also be located, as usual, at the North Western end of the athletics field.

We all look forward to what promises to be another fantastic day of competition. Please do not hesitate to contact me if you have any queries.

Nik Sacoutis

nik.sacoutis@pulteney.sa.edu.au
These beautiful pendants are now available in the Uniform Shop. Crafted in sterling silver, the cost is $85 each. These pendants would make an ideal gift for any child or Old Scholar. Please note these do not qualify as part of the school uniform and hence are not to be worn to school.

From the Head of Middle School

Year 8 Immunisations

REMINDER FOR PARENTS OF YEAR 8 STUDENTS

Tuesday 3 March 2015

All participating Year 8 students are reminded that their immunisations will be held on the morning of Tuesday 3 March 2015 in Wyatt Hall. It is important that your child eats breakfast that morning and please ensure that your child wears their PE Uniform.

If students miss the immunisations parents will need to organise these immunisations through their GP or Health and Immunisation Management Services on 81520363.

Thank you.

Paul Ryan,

Head of Middle School

Notice 2 - from Health and Immunisation Management Services

Dear Year 8 Parents/ Caregivers
Year 8 vaccinations
1st Visit Tuesday 3rd March
2nd Visit Tuesday 2nd June
3rd Visit Friday 16th October

On Tuesday 3rd March 2015 the year 8 students will have their first of a three dose course of Human Papilloma Virus (HPV/ Gardasil) and Varicella (Chickenpox) 1 dose. If student over 14 years of age at time of first Varicella Vaccination they will require a second dose.

2nd Visit Tuesday 2nd June 2015 Year 8 students will have the 2nd dose of HPV and a booster of Diphtheria, Tetanus and Whooping Cough /dTpa (Boostrix)

3rd Visit Friday 16th October 2015 Year 8 students will receive 3rd dose of HPV

Please return the consent form even if you are not giving consent for the vaccinations.
Vaccinations will only be given if valid consent

For any further enquiries please contact the immunisation provider Health and Immunisation Management Services on 81520363

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From the Health Centre

Thank you to the many parents who have already provided emergency medication for their child for this year. There are a few families across the school that still need to provide current date EPIPENS. It would be appreciated if you could follow up on this as soon as possible and bring them into your class teacher (Kurrajong students). For students in Year 3 and above bring them directly to the health centre.

With the recent discussion in the media on Hepatitis A, it is pertinent to include the SA Health Fact Sheet recently released. Click here to download the Fact sheet.

“Hepatitis A and some types of frozen berries” This is reassuring information and it is timely to reaffirm the affected berries have at no time been served via the school tuck shop.

The above fact sheet addresses the SA Health perspective on Hepatitis A vaccination. Across the PGS student community generally high rates of childhood immunisation are reported. In Terms 2 and 3 last year we did experience a number of cases of chickenpox (Varicella-Zoster) and influenza within the school. I would like to take this opportunity to encourage parents to consider immunising their children (if they have not already) against these contagious diseases. Vaccination for both influenza and Chickenpox (Varicella - Zoster) is widely available through General Practitioners and local councils. Please note neither of these vaccinations are available as part of the routine Year 8 immunisation schedule.

Many thanks for your interest and support.

Sharon Bowering,
School Nurse / Registered Nurse
2015 ANU Tuckwell Scholarship Information Session

On Friday 6 March, from 3.30 – 5pm, representatives from the Australian National University will be presenting an information session about the Tuckwell Scholarship. The information session will be held at the Museum of South Australia, North Terrace, Adelaide. This is a prestigious scholarship, which is about much more than having a high intellect. Applicants for the Tuckwell Scholarship need to be able to demonstrate they have a desire and determination to use their natural skills and abilities to make a difference in the world. The scholarship program focuses on giving back to Australia. For further information, go to http://tuckwell.anu.edu.au/. To register your attendance at the information session, go to http://tuckwell.anu.edu.au/tuckwell-roadshows/.

International College of Hotel Management Career Week – 6 to 10 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/ or from the Careers Office.

2015 Calculation of an ATAR

In 2015 the new rules regarding the use of a 90 credit university aggregate will be implemented. In order for students to be eligible to receive an ATAR, they need to present 90 credits of Tertiary Admissions Subjects (TAS) or Recognised Studies. Please be aware that the Flexible Option will now increase to contribute 30 credits towards the university aggregate. However, please note that the limit for counting Recognised Studies such as VET or higher education remains at 20 credits. The scaled scores calculated for VET results will now be based on the average of the first 70 credits of TAS contributing to the aggregate.

These changes will impact on students wishing to start their undergraduate university courses in 2016 at any of the three government universities in South Australia (The University of Adelaide, Flinders University and the University of South Australia) or Charles Darwin University in the Northern Territory.

SATAC has prepared a 4 page Fact Sheet regarding the 90 credit university aggregate www.satac.edu.au/pages/changes-for-year-12-in-2015. This document provides all the necessary information students, staff and parents need to be aware of regarding the rules and includes considerably more detail than I have included here. You may also find it helpful to use the information it contains in newsletters or other forms of communication with students and parents.

Flinders University Science & Engineering Parent Information Evening

The Science and Engineering Parent Information Evening is designed to provide parents and families with helpful, practical tips on supporting students in Years 11 and 12, with a particular focus on providing support across the areas of science and maths. Speakers will cover topics including careers in science and engineering; managing stress and supporting someone who is stressed; and tips for effective study. Places for this free evening are strictly limited and bookings are essential. To reserve a place, go to:www.flinders.edu.au/science_engineering/events/parent-information-evenings.cfm. For more information please contact Flinders University via email silc@flinders.edu.au or 7221 8661.
Lattitude: formerly GAP Activity Projects

Lattitude Global Volunteering is an organisation specialising in volunteering for 17 to 25 year olds. This includes facilitating placements as tutors in overseas schools in countries across Europe, Africa, Asia/Pacific and the Americas. There are scholarships for placements in some areas. Applications close on 5 June. Information sessions will be held during the year and selection interviews are expected to be held in July. For details and bookings, go to www.lattitude.org.au, email info@lattitude.org.au or phone 03 9826 6266.

Antipodeans Abroad – GapBreak Program Online Info Night

Antipodeans Abroad conduct GAP year volunteering and paid work programs. Details of the 2016 Gap Year options will be presented at an upcoming Online Info Night. The online information night will be held from 5.30pm – 6.30pm on Wednesday 4 March 2015. Interested students can listen via a computer or iPad. Registration is essential to participate in this event – register online at www.antipodeans.com.au/info-nights

Projects Abroad

Projects Abroad offers a range of two-week programs specifically designed for high school students in Year 10 and 11. The projects combine volunteer work with cultural immersion and are fully supervised by fulltime Projects Abroad staff. The projects will run in Cambodia, Fiji, Nepal, Philippines and Sri Lanka over the summer of 2015/16. The programs are tightly scheduled and chaperoned to ensure a well-structured, safe and supported short stay for young students, which packs a lot of experience and volunteer work into a short period of time. There will be an online chat about the projects and how they work on 24 March. For more information go to http://www.projects-abroad.com.au/ or email info@projects-abroad.com.au.

Adelaide Careers & Employment Expo – 22 and 23 May

This year, all Year 10 students will attend this expo as part of their PLP studies, on Friday 22 May. The Expo is being held in the Jubilee Pavilion at the Royal Adelaide Showgrounds. The Expo will have approximately 120 exhibitors covering many areas including VET, training institutions, tertiary institutions, apprenticeship and traineeship opportunities, and career guidance organisations. For more information go to www.ncee.com.au.

Tax File Number changes

The Australian Government is strengthening their proof of identity (POI) processes through a standardised national approach for government agencies. The Secondary Schools TFN program, that Pulteney was previously apart of, does not comply with these guidelines, and so the school is no longer able to assist students in gaining a TFN. If students require a TFN, they can apply online and present their POI documents at a participating Australia Post Office. More information can be found at https://www.ato.gov.au/individuals/ind/apply-for-a-tfn-on-the-web/?fb_locale=it_IT&page=1#How_do_I_apply_for_a_TFN_.

The new SA Universities Bonus Schemes

The new SA Universities Bonus Schemes will be implemented this year for students applying to start university in 2016 at Flinders University, the University of South Australia or The University of Adelaide. Specifically, there are two new schemes:

• The SA Universities Equity Scheme – which awards 5 bonus points for eligible students
• The SA Language, Literacy and Mathematics Bonus Scheme – which awards 2 or 4 points

The Schemes will be administered by SATAC and constitute a significant change in how bonus points will be allocated.
Senior Sport Notices

Senior Girls Triathlon

Congratulations to Tessa Manning (year 12), Sophie Zuill (year 10) and Caitlin Pearce (year 10) who competed in the SSSSA Senior Girls Triathlon Team Championships at the West Lakes Canoe Club on Wednesday February 18.

The girls did Pulteney proud, finishing in 2nd place in the under 20 category, only 1 minute behind the 1st placed team. The girls completed a 450 metre swim (Caitlin), a 17km ride (Tessa) and a 4.5km run (Sophie) in a time of 1 hour 2 minutes and 5 seconds. An exceptional effort in the warm conditions.

I would like to acknowledge an outstanding gesture by Tessa Manning. Tessa received a special award at the end of the day, the good citizenship award. Whilst in transition a student from Immanuel College had a puncture. Tessa kindly gave the girl one of her tubes so that she was able to complete her ride. Well done Tessa!
Rowing

There has not been much competitive rowing over the last two weeks as Pulteney withdrew from the Walford regatta and last weekends extravaganza at Murray Bridge was cancelled, both due to the forecast heat! This weekend however, we are back on track with mild conditions expected for the fourth of the School Super Series regattas at West Lakes, hosted by Seymour. The full contingent of Pulteney crews are expected to line up in what is a schools only event.

Unbelievably, there is a mere four weeks of the season remaining with Head of the River on 21 March, this is a huge event and we need as many supporters as possible to attend. As access (and parking) is often difficult at Head of the River; Boat Club stalwarts Rawson Electrical have offered to provide a supporter’s bus to West Lakes and back on the day! Dress is winter formal uniform for students – numbers will be limited to around 50 so please make plans to be there, loud and proud!

This season, Pulteney is hosting the penultimate regatta on 14 March, also at West Lakes. All schools will be there making final adjustments before Head of the River, so please join us at the Pulteney Boat Club tent for a refreshment and sparkling company as our crews race past. We will also be naming our newest boat during the lunch break and would love to see you there!

Richard Sexton,
Head of Rowing

Results

Swimming

Week 4 – Venue: Pembroke

Pembroke 284
Rostrevor 273
Pulteney 226
Norwood Morialta 149

Girls basketball

Senior A

PGS 62 defeated Walford 14
Sam Simons 20
Jess Rule 12
Mia Valk 11
Maritsa Coumi 10
Katia Stamatelopoulos 13
Senior B
PGS 34 defeated Walford 22
Kirsty Kittel 14
Abbey Creaser 6

Middle A
PGS defeated Walford 39-30
Best Players: Laura Argy, Tayler Price

Middle B
PGS lost to Walford 18-20
Best Players: Emily Wilson, Luana Nichinonni

Middle C
PGS defeated Immanuel College 35-11
Best Players: Donna Albertini, Jessie Aldridge

Girls Tennis
Premier A league Open A
PGS 2 sets 15 games lost to Saints Girls 4 sets 29 games
number 1 single Ella Wilshire lost to Yasmin Glazbrook 0/6

Volleyball
Senior A 1 defeated by Pembroke 2
Senior B 1 defeated by Immanuel 2
16:25 25:16 11:15
Senior C 0 defeated by Saint Ignatius 3
11:25 19:25 16:18
Middle A 0 defeated by Mercedes 3
12:25 9:25 24:26
Middle B 0 defeated by Adelaide High 3
17:25 11:25 20:25
Middle C 2 defeated Concordia 1

Cricket
PGS 6 for 174 (30 overs)
Dudley 97*, Adams 26, Wills 20, McGarry 15
defeated Blackfriars 5 for 130 (30 overs)
Redshaw 3 for 18
Another scorching February morning greeted the Navy Blues, who, once more, were forced by circumstances of nature to shift the standing afternoon fixture to the morning and avoid the searing heat of the day. On this occasion, negotiations determined that the tenure of the match would be 30 overs per team. Start time would be soon after 8am and the aim would be to complete the match before 1pm.

Duly noted, the skippers met, handshakes were proffered and with the coin landing in Pulteney’s favour, the Navy Blues would take first use of the marvelous conditions on offer on the immaculate surface on Atkinson Oval. With Coach Dolman, deciding to revert to a more traditional batting order; the threat of a repetition of the carnage that ensued against the same opponents the previous weekend, was averted (no doubt to the enormous relief of Blacks’ beleaguered attack). Peremptorily, Adams and Sipek rejoined their association as the primary protagonists, with Dudley slipping back to his customary role at Number 4. By the measure of the previous week’s histrionics, this opening partnership was positively soporific, taking 5 overs to reach double figures, before Adams was finally able to garner some strike and put away some bad balls and 11 runs were wrought from the 6th over. 8 overs were negotiated and 21 runs posted before Sipek fell to the first ball of the 9th over, bowled neck and crop for 3 (22 balls).

Wills marched to the crease, and immediately recognised the need to push on. Adams and he then started to turn the strike over more regularly, posting a further 24 runs from 44 deliveries before, just after the half way point of the innings, Adams played over an attempt to lift the ball into the outfield and was bowled for a well compiled 26.

This dismissal signaled the arrival of Connor Dudley, whose recent performances, it would be fair to say, have captured the imagination. Having learned from the previous experience, the degree of devastation that Connor can wreak on profligate bowling, the Blacks’ boys bowled with great discipline, sticking to nagging lengths and offering only risky opportunity to score again with the same freedom and panache with which he had displayed last week. Showing growing maturity, Dudley accepted what was on offer, picked off the bad balls with maximum impact and pushed around the nagging balls for singles. He and Wills were just starting to emerge from their opposition imposed torpor, when Wills swung lustily at a long hop, missed and was bowled for a patient 20 (35 balls).

At 3 for 63 in the 19th over of 30, the Navy Blues were definitely in irons and needing to break free. Sam McGarry came to the crease determined to help Dudley break the shackles, and the pair combined for 54 runs in the next 6 overs, before McGarry lobbed a rank full toss off a leading bottom edge to deep mid on. His wicket fell in the 25th over and the score had been moved to 117, still well short of a total that would give confidence when coming to its defense.

Will Bourchier came and went quickly, but Dudley simply shrugged off any semblance of restraint as he posted a further 46 runs from the final 27 deliveries to be stranded on 97 not out after some final over dramatics. He took a single from the first ball, before van den Munckhof gallantly sacrificed his wicket from the third ball, leaving Dudley the last three deliveries needing 15. The fourth ball was sent way over long on for 6 (91), the fifth was flicked sweetly off his hip over square leg for 6 (97) and things were set up for a remarkable century. The bowler responded with a well-directed yorker, which Dudley could only get a pad to and the ensuing two byes contributed, somewhat anti-climactically to a final total of 174 runs from the 30 overs for the loss of 6 wickets, leaving our erstwhile centurion, bereft by the merest trifle. Whilst this innings lacked some of the fire works of last week’s magnificent occupation, nevertheless, Dudley’s was an innings of pure class, calculated authority and breathtaking braggadocio.

The Navy Blues defence of the total was always assured as a result. Tight bowling from Coumi who made the initial breakthrough, and finished with a miserly 1 for 10 from his allotted overs, and Redshaw, who was most effective in securing 3 wickets from his spell, allowed once again, the improving Sexton to be given valuable time at the crease during which, he secured another wicket for just 16 runs. Similarly for van Duivenbode, whose overs were tight and conceded just 10 runs. The return innings from Blackfriars never seriously threatened, and after slumping to 5 for 48, the real sting went from the chase. The fifth wicket yielded a 74 run partnership, as the temperatures started to affect bowler input, however, Redshaw’s removal of the opposition skipper at 122 was the fifth wicket with less than two overs remaining, and more than 50 to get. The match was concluded with Blacks reaching 130 for the loss of five wickets and the Navy Blues wrapped up a valuable fortnight’s work that saw them score 392 runs and concede just 212. Dudley’s 253 runs certainly underlined his current form, and
Prep Sport Notices

Football – U/12 SAPSASA State team
Registrations have now opened for the Under 12 State SAPSASA team who this year will be travelling to Geelong for the National Championships in July.
This is for students born in 2003.
Students/Parents can register via the online form.
The trials will run initially from April 13 to 15 at Norwood Oval.

Hockey
Interested in learning to play hockey? Want to find out where to play? Burnside Hockey Club invites you to attend their free Come and Try Day program being held at CBC Ifould Street, City on Monday March 16, 23 and 30 from 6.45 to 7.45pm. To book a place - email jeffdri@bigpond.com. Hockey sticks and balls will be provided. SEE YOU THERE

Hot Weather Policies
All Prep trainings on a Wednesday afternoon are automatically cancelled if the forecast temperature is 35c or higher.

Cricket - Matches
Yr 3 Kanga, Saturday morning, 38c or higher
Yr 4/5 Modified, Friday afternoon, 35c or higher
Yr 4/5 Hard Ball Cricket, Saturday morning, 38c or higher
Yr 6 Cricket, Saturday morning, 38c or higher

Tennis
Yr 3/4 coaching, Monday afternoon, 35c or higher
Yr 5/6 Boys and Girls, Friday afternoon, 35c or higher

Softball
Yr 4/5 and Yr 5/6, Week 3, Saturday morning, 38c or higher

Basketball
Mid week afternoon, indoors, 38c or higher.
Results

Basketball

Yr 4 Boys Blue defeated Black Forest 14-4
Yr 4 Boys White lost to St Johns 15-21
Yr 5 Boys Gold lost to WPPS 8-20
Yr 5 Boys Navy lost to Black Forest 22-55
Yr 6 Boys Blue defeated CBC 39-13
Yr 6 Boys White defeated CBC 26-21
Yr 4 Girls Blue - Bye
Yr 4 Girls White lost to Tenison 11-36
Yr 4 Girls Gold lost to Black Forest 0-52
Yr 5 Girls Navy defeated St Aloysius 16-12
Yr 6 Girls Red - Bye
Yr 6 Girls Black - Bye
Yr 3 Boys Gold lost to Black Forest 6-18
Yr 3 Boys Navy lost to Goodwood 4-16
Yr 3 Girls Blue - Bye
Yr 3 Girls White lost to St Johns 2-28
Term 1 Venture Club Meeting
Friday 27 February
Cambrell Theartrette

6.30 pm BBQ (good food for a small cost)
7.30 pm Meeting starts
9.00 pm (approx) Finish

Speakers:

Hear Year 12’s talk about their experiences tramping in New Zealand last December

Hear Mr James give his point of view on the NZ trip

Find out about the success of last Sunday’s Indoor Climbing

Find out about upcoming trips:
  Surf Camp (March Long Weekend)
  April Venture (Grampians)

All students and their parents invited.
Wanna go? Do these 5 steps before FRIDAY Week 5 (Feb 27)
We need a minimum of 12, and for safety reasons there is a maximum of 16.

1. Join the Venture Club Edmodo group if you haven’t already (group code: jwnghm)
2. Open the folder called 2105 Surf Trip
3. Get a parent to fill in the Confirmation of Interest form (this link will also take you to the form: http://goo.gl/forms/zrNRu5EpTZ )
4. Get someone to go to the TryBooking page to pay $310 (either use the link in Edmodo, or this link: www.trybooking.com/LZD )
5. Get your friends to do the same.

In the Surf Trip folder you will also find an information booklet.
Any questions? Read the Info Booklet in Edmodo! Still have a question? Ask Mr Drogemuller via email (richard.drogemuller@pulteney.sa.edu.au)
Paella Pans

$10 each for the small and $15 each for the large from the front office. We have 2 large and 15 small but first in best dressed.