Belonging

There’s an advertisement on television at the moment, spruiking the many wonders of a particular vehicle, that strikes all the wrong chords for me each time I see it.

The parents race to their children’s school and with military precision and split second timing they “spring” their daughter and twin boys early from classes as if the children have been imprisoned; there is no evident communication with any teacher or staff member. In fact, the school seems to be devoid of any adult other than the two parents. In the daughter’s classroom, she is quietly working with her head on the desk whilst other children throw paper missiles at each other. Once the family have assembled at the front of the school, they throw themselves into the vehicle and tear away to a beach location where a water plane awaits.

I do not wish to over-analyse the vagaries of automotive advertising or suggest in any way that family holidays are not important (quality family time is crucial for all of us), but I do believe there are so many elements to this ad (and, in fact, the way in which educators and schools are often represented in popular media) that grate. They certainly irritate if you value education as a life-changing opportunity, are committed to providing a quality education experience for all students and place significance on working in partnership with all parents.

One only has to view the Pulteney Quad at 3.00-3.45pm each day to see parents and staff gathering with children of all ages, talking, laughing and enjoying our welcoming environment. There are times when more senior students work independently or in small groups until much later in the afternoon, their laughter echoing around the buildings and up to my office. We have so many functions and opportunities for parents in each sub-school to connect with each other and with our community; these are such valuable moments in which we create links to each other.

So, rather than our school being a place from which people run, we aim to be a community to which people belong. I look forward to continuing that tradition and invite you to be a part of it.

Anne Dunstan,
Principal

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

Welcome!

It is with great excitement and warm wishes that I welcome the parents and students of Pulteney Grammar School to the 2015 school year. The School has been a hive of enthusiasm throughout the first week as students reacquaint themselves with friends, teachers prepare for lessons and the community as a whole looks forward to the academic and co-curricular opportunities that lie ahead.

This anticipation has been enhanced for me personally by the fact that I have had the opportunity to enter Pulteney Grammar and meet the community for the first time. I have been exceptionally impressed with the manner in which the students have embraced the beginning of the year and applied the lessons they have learnt in the past.

Orientation

The 2015 school year began with the annual one ninety Information Day and I was thrilled to have the opportunity to greet parents and students and outline the expectations and opportunities that come with being a one ninety student. It was recognized during this presentation that our unashamed goal as staff at Pulteney Grammar School is for all students to achieve their best possible result. However, we cannot limit our intention to only assisting our students to get a ‘score’. Rather, it is our hope that students will relish the challenge and voyage of discovery… rather than simply the discovery itself.

As was told to the staff at a recent professional development opportunity, ‘If our students think that learning is only preparing for a test, then we have failed’. One ninety is also concerned with helping students grow into resilient, responsible and caring young adults who play an active role in the local and global community.

I find it important to also reiterate my statements regarding student accountability as I have been most pleased that they so obviously struck a positive chord within the parent community. The joint role between staff and caregivers is to communicate together so that we may care for, assist and support our students/children. However, we must also allow the children freedom and opportunity to be accountable for their own path. As the National Education Association states, “Students respond productively when given the chance to take charge of their academic success… Accountability breeds responsibility, and students who develop the tools to target and improve their shortcomings will, in turn, develop the skills they need to go further in life”.

As I have entered the school grounds over these first few weeks, I have smiled regularly as I peered at a large sign which greets drivers along South Terrace. It reads: ‘The best teachers show you where to look but don’t tell you what to see’. I have been so pleased and impressed to note that the students of Pulteney Grammar School accept their accountability to keep their ‘eyes open’ and look for the lessons offered to them every day.

Centre for Senior Learning

Building on the Centre for Senior Learning continues but we are pleased to note that it is indeed in its ‘final third’. The one ninety teaching staff had an opportunity to peruse the site in preparation to undertake lively discussion as to how to best use the dynamic and innovative facilities provided within it. We are all most excited for the impending move and the opportunities that it will provide our students.

Key Dates

<table>
<thead>
<tr>
<th>Week 3</th>
<th>11th February</th>
<th>High Achievers Assembly</th>
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<tbody>
<tr>
<td>Week 4</td>
<td>17th February</td>
<td>Runjie Cup Swimming Carnival</td>
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<td></td>
<td>18th February</td>
<td>one ninety Welcome Back Evening (6.30-8.30pm)</td>
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<tr>
<td>Week 6</td>
<td>5th March</td>
<td>Runjie Cup Athletics Carnival</td>
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Nicholas Brice,
Head of one ninety

Go to: www.facebook.com/pulteney and click the like button.
From the Chaplain

Baptism, Faith, New Beginnings and Epiphany (moments of sudden and great revelation or realization) - all these things have been filling my head as I think about the gospel message from the Sunday's in January. And this a time of year where many clergy take time off and parishes have a quiet month! For me reflecting on these themes has made for a great start to the school year.

The Epiphany we know best is when the Wiseman offer gifts to the baby Jesus. In the
Christian story this is when God is made manifest to the world. In part of the Christian Church, especially the Orthodox Church Epiphany is THE festival, when families gather, worship together, exchange gifts and celebrate.

The revealed mystery of God is no longer; if it ever was, only for the chosen. St Paul in Ephesians says it plainly. ‘There is no longer Jew of Greek, there is no longer slave or free, there is no longer male or female; for all of you are one in Christ’. This is the good news that Christians bear witness to in order to make God’s glory known.

Today’s Gentiles (the ancient world’s rejected peoples) are the excluded, the shunned, the poor and marginalised. What are the gifts that we will offer to the world? How will we shine the light of Christ into a world that is as needy as ever?

Regardless of our faith status we can all appreciate the generosity of others that we receive our whole life long. Churchill is attributed with saying that ‘To improve is to change; to be perfect is to change often’. We all strive to be the best person we can be. So with reference to Baptism, Faith, New Beginnings and our multiple moments of Epiphany, what is it that we might change, do differently with our lives, to better reflect the example and challenge of Jesus Christ, the Glory of God and our lived out experience of the generosity of others?

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 label so that we can sort and care for your donations. Thank you for your ongoing generosity

Special Services

Ash Wednesday is earlier this year; February 18. A special service involving imposition of ashes will involve all students. It will take place at the beginning of the school day for Prep, Middle School and One Ninety. Kurrajong will have this service as part of the regular chapel on Thursday afternoon.

Chaplaincy for 2015

I will be at Pulteney every school day and available to conduct special services such as baptisms or weddings at other times.

I can be contacted at anytime for any pastoral needs. Please email michael.lane@pulteney.sa.edu.au or phone 8216 5512, 0434 2597 879 or contact the school office. Let me know if you have an interest in saying Morning Prayer together. Please feel invited to join this or any other worship service.

Deep Peace,
Michael

[Image of Entertainment Book]
Important Safety message

The beginning and end of the school day are extremely busy times as members of our school community enter and exit our campus.

It is important, therefore that staff, students and parents observe safety rules and exercise caution when driving through and parking in designated school drop off zones.

Important points to remember:

- Ask children to exit your vehicle via the footpath side
- Use the bridge or pedestrian crossing if parking on the opposite side of the School
- Avoid double parking
- Park in clearly marked drop off zones
- Adhere to the 25k m/h speed limit
- Be extra mindful of cyclists and pedestrians

The welfare of Pulteney students and members of our school community is of paramount importance. Please be vigilant in abiding by traffic rules to ensure the safety of all.

Greg Atterton,
Deputy Principal

Wellbeing

The ABC of stress reduction

Stress can be described as a feeling of being overloaded, wound-up tight, tense and worried. Results of the 2014 Australian Psychological Society (APS) Wellbeing in Australia Survey, revealed that one in four Australians experience moderate to severe levels of distress. There are many techniques to manage anxiety such as a simple one developed by Anne Aleckson, which helps to assist with fear and reduce the anxiety cycle. The technique is called the ABC Brain Re-Train technique and it is based on neuroscience, mindfulness and metaphysics. Aleckson states the more you apply the technique, the less you need to as the brain is
retrained in a new way of responding to a stressful situation. The steps are as follows:

Aware: Be aware of the feelings that arise when you are about to experience an episode of fear or distress. Common symptoms of anxiety include dryness of mouth, rapid heart and breathing rate, sweating, dizziness, headache, nausea, vomiting or diarrhea.

Breathe: Breathe into the count of four and then out to the count of eight as if blowing out a candle. Remember to breathe using your diaphragm – in through the nose and out through the mouth.

Chant: Repeat a mantra or affirmation (e.g. ‘in this moment, right here and now, nothing is going wrong’) for a few moments until you are feeling calm.

If you would like to read more about the findings from the 2014 APS Survey follow the link below: http://www.psychology.org.au/npw/survey/.

Chris Clements and Michelle Roesler,
School Psychologists,
Wellbeing Team

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Rungie Cup Swimming Carnival

The 2015 Rungie Cup Swimming Carnival will be held on Tuesday February 17 at the SA Aquatic and Leisure Centre, Morphett Road, Oaklands Park with events beginning at 10.15am. Parents and friends are welcome to attend and cheer on their House and son or daughter. Students have been informed of the expectations, as outlined below:

1. All students arrive at 8.35 am as usual and report to their House area for Roll Call and to check events for the day.

2. Students will be transported to the SA Aquatic and Leisure Centre by bus from 8.50 am.

3. All students will be at SA Aquatic and Leisure Centre by 9.40am.

   All students will remain in their House groups when not swimming. Warm-up swimming must be done in allocated House Lanes only and under the direct supervision of House Staff.

4. This year’s programme starts at 10.15 am sharp.

Lanes have been rotated and are as follows:

BLEBY-HOWARD Lanes 7 & 8,
CAWTHORNE-NICHOLLS Lanes 1 & 2,
KENNION-MILLER Lanes 3 & 4,
MOORE-SUNTER Lanes 5 & 6.

5. As part of the conditions for hiring the pool, the Centre Management has stated that there can be no time allocated for recreational swimming. This means that there can be no use of other pools.

6. Competitors are to wear either bathers or recreational aquatic clothing (but NOT casual clothing) at all times when using the pool.

7. School sports uniform is to be worn for this day including House shirts.

8. No hair spray, body zinc/paint or crepe paper is permitted in the Centre as it can affect the quality of the water.
9. No helium balloons are permitted in the Centre.

10. The SA Aquatic and Leisure Centre will provide first aid and lifeguards.

11. Students may well consider taking their own refreshments, but may use the centre kiosk. Staff will be on duty.

12. Parents and friends are invited to sit in the upstairs stand near where the students will sit in their house groups.

13. Students will be transported back to Pulteney by bus from 3.00pm.

14. Dismissal from Pulteney at normal dismissal time of 3.30pm.

The Swimming Carnival is a compulsory School event and all students are expected to attend.

Congratulations

Alice Ascari (KM11) and Caitlin Pearce (KM10B) both recently competed at the SA State Long Course Swimming Championships. Alice competed in eight individual events and two relay events. Alice qualified for finals in a number of her individual events and was part of the 4 x 50m Medley relay team that finished in 3rd position. Caitlin competed in four individual events. She won a silver medal for the 400 Individual Medley and finished fourth in each of her other three events. Both girls have now qualified for the SA State Open Swimming Championships to be held in a few weeks. Well done girls.

Sharon Pearce/Nik Sacoutis,
Swimming Carnival Coordinators

Rowing

Pulteney rowers have been very busy over the Christmas break; on the last day of term, senior and intermediate crews made the road trip to the beautiful River town of Berri for a marathon two day regatta and, at the other end of the holiday break, attended the mid season camp at Walker Flat!

Our attendance at Berri ended a prolonged period of absence from this regatta and afforded coaches the opportunity to race in different combinations and in various boats. Parents and supporters also enjoyed the relaxed atmosphere – and the break from fundraising! Rowers enjoyed a fair degree of success too, placing in the majority of events entered and coming home with a fistful of medals, well done to all.

In the last week of holidays the Pulteney Boat Club again converged at Walker Flat for the mid season camp. The army of willing parent volunteers ensured that all rowers and coaches were well fed and well watered and, thanks to the tireless work of our coaches, all crews were able to record significant improvement. This is an important camp as it provides invaluable impetus for the seven week build up to Head of the River – the challenge is now to continue to attend and improve at training up to the final regatta on 21 March.

With the start of the School year, I would also like to welcome the six new rowers who have already joined in at training. Welcome to the rowing community, I hope your connection is long and rewarding.

The Pulteney rowing community will come together on Friday evening at a ‘Back to the Boatshed’ function at the Torrens boathouse. The Boat Club committee has invited rowers from 1966 to 2014 to join the 100 Club and attend what is hoped will be the first of many events designed to reconnect rowers with the School. If you are interested in attending or joining the 100 Club, please contact Richard.sexton@pulteney.sa.edu.au or 0408 677 862.

Richard Sexton,
Head of Rowing
Welcome back to Term 1, we are presenting our summer menu and offer a variety of hot and cold foods. There are a few ways to order recess and lunch daily:

Online ordering is available through Flexischools which saves time and weekly specials are available to online customers only.

Go to www.flexischools.com.au
Click “Register Now”
Enter your email and follow prompts

The Prep, Middle School and Senior School order window is open from 8am.
Simply write out an order bag and it will be processed by one of our staff.
The tuckshop also provides for Prep, Middle and Senior School students who prefer to line up and purchase on the day.

Tuckshop service hours
8am - 8.30am for breakfast
Recess and Lunch time

Thanks for your continuing support to the tuckshop

Phone 82165525
Email tuckshop@pulteney.sa.edu.au

Kind regards,
Teresa

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Pulteney Shop

Telephone: 8216 5538
Email address: pulteneyshop@pulteney.sa.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

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one ninety students who have received Achievement Letters for their Blazer pockets and would like to have them put on are asked to see Mrs Ruth Barnden EA to the Principal to collect their Letter.

For health reasons, Blazers are to be freshly dry cleaned and the dry cleaner’s tag must remain attached. Blazers are to be brought into the Shop by Wednesday, 18th of February.

Have a great weekend,

Jenny Hewitson,
Shop Manager.
Prep Sport Notices

Electives
If your child would like to participate in an Elective on Tuesdays and did not register on line, there are still vacancies in Athletics, Netball (yr ¾), Hockey and Yoga. If you would like to join please email Mrs Reynolds, michelle.reynolds@pulteney.sa.edu.au

Cricket and Softball
There are 2 vacancies in Kanga Cricket this term and we need 3 or 4 more girls for our Yr 4/5 and 5/6 softball teams, if any student would like to do one of these as a second sport please let Mr Davis know ASAP.

Summer Sports
Please see below for match starting dates for Prep Summer sports. All trainings are on Wednesday afternoon during Lessons 5 or 6.

Cricket
Yr 3 Kanga, Week 3, Sat Feb 14
Yr 4/5 Modified, Week 2, Friday Feb 6
Yr 4/5 Hard Ball Cricket, Week 2, Sat Feb 7
Yr 6, Week 2, Sat Feb 7

Tennis
Yr 3/4 coaching, Week 2, Monday Feb 2
Yr 5/6 Boys and Girls, Week 2, Friday Feb 6

Softball
Yr 4/5 and Yr 5/6, Week 3, Sat Feb 14

Basketball
All games commence Week 4, week commencing February 16.
Mon – Yr 4 and 5 Boys, Tues – Yr 6 Boys, Wed – Yr 4, 5 and 6 girls, Thurs – Yr 3 Boys and Girls.
If your child needs to be in a team with another student for transport reasons ONLY please let Mr Davis know via email bill.davis@pulteney.sa.edu.au

MILO in2CRICKET Program
MILO in2CRICKET is the national grass root program for cricket in Australia, with the aim of introducing kids aged 5-7 to the great Australian game. It provides children with an opportunity to develop their motor skills and meet new friends in a fun, safe and interactive environment.
Your nearest Centre/s will be run at
Adelaide Oval, Pennington Tce, starting Friday 13th February at 5:30pm
Adelaide CC, Glandore Oval (Margaret St, Glandore), starting Friday 13th February at 4:00pm
First session is a FREE Come & Try
Cricket this term will be a very popular sport with the ICC Cricket World Cup starting on the 14th of February.

By registering and paying for the Program not only will you enjoy some great cricket fun this term but every registered child receives an in2CRICKET Participant Pack including bat, ball, t-shirt, bucket hat, backpack, drink bottle and other goodies! They will look just like their Aussie Cricket heroes!

To find out more details about your nearest Centre and to register for this season, log on to www.in2cricket.com.au and type in your post code.

**MILO T20 Blast Program**

MILO T20 Blast is the next step in the pathway for girls and boys looking to start playing cricket! Aimed at ages 7 and up, T20 Blast runs one night a week for 8 weeks throughout Term 1, and is the perfect introduction to playing matches and continuing to learn skills.

All Centres start with a FREE Come & Try Session with appearances from Adelaide Strikers players, giveaways and the Strikers mascot, SMASH!

All T20 Blast Programs are professionally run by qualified SACA staff and coaches.

Free T20 Blast Come & Try Days in your area:

- Unley Oval MILO T20 Blast – Free Come & Try Day, Tuesday 10th February 5:30-7:00pm
- Glenelg MILO T20 Blast – Free Come & Try Day, Friday 13th February 5:30-7:00pm
MIDDLE SCHOOL & 190 STUDENTS

Do you have a sense of AD-VENTURE??
...then be part of the Venture Club

What’s on in Term 1?

**Indoor Rock Climbing**
Sunday February 22
Year 7, 8, 9 Students

**Club Meeting**
Friday Night February 27
All Students and Parents

**Bushwalking Camp - Grampians**
2nd Week of School Holidays
Year 8-12 Students

**Surf Camp**
March 7-9 Long Weekend
Year 8-12 Students

**Senior First Aid Course**
March 14 & 21
Students, Old Scholars & Parents

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...
Come ‘n Try Rock Climbing
Participant Information

What: Indoor rock climbing (with full supervision)
Who: Students in Years 7-9
When: Sunday Feb 22
10 am – noon.
Where: Vertical Reality, Holden Hill
See map.
Parking and venue entrance are at the rear.
Cost: $10 (bring on the day)
Light food provided.
Transport: If parents can’t take you, transport from school is provided.
Meet in the Music Centre car park (Osmond St, just off Gillies St) LEAVING at exactly 9.30 am, and returning about 12.30 pm.
Indicate your need for transport in the Confirmation of Interest form, or by email before Tuesday of Week 4 (rjd@pulteney.sa.edu.au)

Paperwork: Participants need to enroll using the Confirmation of Interest form on Edmodo (Group code: 2vars8)
Also, register with the climbing company (Vertical Reality) by preferably completing an on line form (link also in Edmodo folder) or by filling in a paper form on the day.
The instructors will make sure that you know enough basic skills before they let you loose on the walls.

Questions/Contact: If you have any questions, or require transport, please either email or see Mr Drogemuller before Tuesday of Week 4 (rjd@pulteney.sa.edu.au)
If need to make contact with Mr Drogemuller, or a participant, during the event please use Mr Drogemuller’s (private) mobile: 043 888 1048 (NO calls before 9 am or after 9 pm please!)

For parents:
Venture Club parents
Parents of students involved in any Venture Club activity are invited to the first Parent Support Group meeting of the year.
When: Wednesday Feb 11, 7.30 pm
Where: G4 (downstairs Science lab next to the Prep School)
Why: To help plan the year’s events

How to get your name on the email list for this, and/or future Venture Club activities: email Richard Drogemuller (rjd@pulteney.sa.edu.au)
SAVE THE DATE
FRIDAY 27TH MARCH, 2015. 7pm
♪ Friends of Music ♪

Following the huge success of our inaugural Cabaret Night 2014.

We plan to do it all again this year.
Please keep an eye on the PRW for further details
COME AND LEARN THE WORLD GAME AT THE HOME OF GOALKICK

Our Next Goal Kick Program for 5, 6, 7 & 8 year old boys and girls commences shortly for 8 sessions concluding with presentations on the last morning. All sessions to be held at our home grounds at A.A. Bailey Reserve, Winona Avenue Clarence Gardens, from 9.00am until 10.15am each Saturday morning.

PLEASE BE AT THE GROUND AT 8.45 AM TO REGISTER. READY TO START PROMPTLY AT 9.00AM

Program 1 – Saturday 21st February until Saturday 11th April

Program 2 – Saturday 6th June until Saturday 25th July

Program 3 – Saturday 17th October until Saturday 5th December

- Our Program has been designed by experienced coaches and is implemented progressively over the eight weeks to provide children of all levels with new skills.
- Playing Small-Sided Games under the guidance of Qualified Coaches and learning Team Skills whilst being Enjoyable and Fun.
- Shin Pads are compulsory.
- Cost is $125.00 Inc. GST.

Application Forms are available for download on line at www.cumberlandunited.com.au look under juniors then Goal Kick or you can contact Neil Young 0406 899 989 for further details.

WELCOMING YOU TO OUR CLUB

The club junior email address is juniorfootball@cumberlandunited.com.au