Welcome
The new school year has begun smoothly at Pulteney Grammar School and it has been a pleasure to see so many students (those who are new and those returning) entering the gates with smiles on their faces. There is always a wonderful sense of anticipation at the beginning of a school year; goals are being set, plans are being made and relationships are being rekindled and established. Importantly, our School’s commitment to a strong sense of belonging is reaffirmed as staff, students and parents come together once again.

I also extend a very warm welcome to all new families to the School and I encourage you to engage with the many opportunities to connect with our community as the year progresses.

Staff News
This year we have 15 new staff; some are very new to Pulteney, others have been with us, perhaps in different roles, and some are returning after a short break. We welcome:

**Kurrajong**
Lisa McClymont and Madeleine Fowler - Early Learning Centre and Cass Smith who is returning full time to the ELC.

**Prep**
Louise Paparella, Dennis Aistrope, Meghan Cannon and Kim Butler-Nixon.

**Middle School and one ninety**
Clare Reed, Ruth Tipping, Simon Sharley, Troy Wegener, Jessica Ryan and Tony Newson. We also welcome back from leave, Kirsty Raymond and Nicole Maxwell.

We also have three new Executive staff this year including, Greg Atterton - Deputy Principal, Nicholas Brice - Head of one ninety and Garry Whitelock - Business Director.

Prior to the students returning, all teaching staff collaborated in an extensive program of professional learning, primarily led by Erica McWilliam, Adjunct Professor in the Australian Research Council Centre of Excellence for Creative Industries and Innovation at the Queensland University of Technology. Erica has more than forty years’ experience in teaching and teacher education, and is a Fellow of the Australian Council of Education, an Honorary Fellow of the Australia Council of Educational Leadership and an Associate Fellow of the Learning and Teaching Council of Australia.

Erica led staff in a range of workshops and keynotes that focused on building a learning culture in our school. Erica states “investment in the capacity for creative imagining is what distinguishes a learning culture from a mere schooling culture. And it is the capacity for creative imagining that the 21st Century demands as a lifelong and life-wide capacity to be built in all of us”. Erica’s presentation was certainly thought provoking and empowering and we are very
Personal Best

At the Commencement Assembly on Tuesday 27 January, I encouraged all students to set goals in 2015 to achieve their personal best; to commit to stretching themselves to be the best they can be in every aspect of their lives. I look forward to seeing and hearing about all of those personal bests throughout this term and this year.

*The desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence - Confucius*

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/)

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From the Deputy Principal

Student Leadership Summit

“True leaders understand that leadership is not about them but about those they serve. It is not about exalting themselves but about lifting others up.”

- Sheri L Dew

It was wonderful to have the privilege of working with our recently appointed student leaders at the inaugural Student Leadership Summit prior to the school year commencing.

Held at the Grand Chifley Hotel, Year 12 School Captains, Vice Captains, Prefects and House Leaders participated in a range of leadership activities designed to identify the attributes and skills needed to be a successful leader.

Over the course of the two-day workshop, I was impressed by our student’s level of engagement in tasks, which focused on team building and goal setting. It was also interesting to observe students deep in discussion, attempting to identify and understand their own leadership style, which will hopefully allow them to contribute positively to the overall success of the student leadership team. Student leaders thoroughly enjoyed the entertaining, insightful and thought provoking presentations shared by past Master of the Preparatory School, Mr Keith Grundy (AM) and past School Vice Captain Miss Ruby Dolman. A team building activity titled “The Marshmallow Challenge” presented by Mr Shaun Spinks from Deloitte, quickly grabbed the attention of our students and sparked their competitive spirit. Feedback from our students has been very positive with many describing the Student Leadership Summit as “inspiring”, “empowering”, “engaging” and “informative” whilst others relished the opportunity to get to know their peers a little better before embarking on their term as Student Leader.

Exciting and meaningful learning opportunities for our students would not be possible without the collective efforts of staff. It would be remiss not to acknowledge Mrs Dunstan, Mr Dolman, Mr Brice, Reverend Lane, Mr Bourchier and Heads of House for their carefully planned presentations, ensuring a successful Student Leaders Summit for all.

Our student leaders have many exciting activities planned throughout the year for our school and wider community and I am looking forward to supporting them in their endeavours.

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Diary Dates

29 Jan MS Parent Welcome Evening
30 Jan Photo Day MS & one ninety
2 Feb Year 7 Camp
4 Feb Kurrajong Parent Information Evening
9 Feb Year 8 Camp
10 Feb Rite Journey Parent Evening
11 Feb High Achievers Assembly
12 Feb Prep School Information Evening
17 Feb Swimming Carnival
18 Feb one ninety Welcome Back Function
20 Feb Year 12 Drama Theatre excursion
22 Feb Venture Club Come ‘n Try Climbing
24 Feb Rite Journey Breakfast
25 Feb German Autobahnprojekt Interschool
25 Feb RAA Driver Education Day Year 11
3 Mar Year 8 Immunisation
5 Mar Athletics Canival
6 Mar Junior School Sports Day
9 Mar Adelaide Cup Public Holiday
10 Mar Year 6’s on Camp
14 Mar Rowing Regatta West Lakes - PGS hosting
16 Mar Prep School Parent Teacher Student Conferences
21 Mar Head of the River
25 Mar Year 12 Performance Examinations
25 Mar Year 5s on Camp
30 Mar Year 12 ODE Camp
2 Apr End Term 1
3 Apr Good Friday

Go to: [www.facebook.com/pulteney](http://www.facebook.com/pulteney) and click the like button.
I have thoroughly enjoyed my first few weeks at Pulteney, especially the opportunity to welcome students back to school on Tuesday. At our whole school assembly it was wonderful to look out at a sea of smiling faces and to meet a number of parents as I visited classrooms during the morning. I look forward to working with students and getting to know the Pulteney community throughout the term.

Greg Atterton,  
Deputy Principal

From the Chaplain

It was great to see so many people at the festival celebrations at the end of the year. At the Carols Service at St Peter’s Cathedral we celebrated with amazing musical contributions from so many students. The Nativity Service held in the Pulteney Chapel of St Augustine was also a joyful event. Sadly my mother passed away quite unexpectedly on the 20th December. I felt exceptionally cared for and nurtured by the Pulteney community at this time.

2014 was a wonderful year for me at Pulteney and the start to the school year has been fabulous. This year we have been blessed with mild weather. Last year I worked with Karen Peterson and this has been a wonderful experience however you would be aware she had to move to Brisbane. This provided me with the opportunity to express interest in being full time at Pulteney. As much as I had enjoyed having two engaging and rewarding chaplaincy roles, I am simply delighted to now be your full time Chaplain.

Chapel services will continue to explore traditional and contemporary approaches to worship. There will continue to be a focus on the liturgical year, bible readings and relevant themes. It was wonderful to welcome staff back to the school year with a Commencement Morning Prayer service that was all the more peaceful and reflective because of some wonderful singing. The chosen Gospel spoke of Jesus’ baptism by John and of new beginnings in life.

At Pulteney new staff and students are welcomed into a school community that has a vibrant life giving spirit. This is a ‘spiritual fruit’ of Pulteney because a dynamic lived out kindness is part of the school’s culture. The oft-quoted words of Mother Teresa of Calcutta describe well the environment at Pulteney. *Kind words can be short and easy to speak, but their echoes are truly endless* - as are words of encouragement, challenge and affirmation.

Beginning Chapel Services will focus on the themes of baptism and new beginnings, the centrality of love in our lives and will explore the possibilities that a better understanding of our Trinitarian faith offers us. Saint Paul’s words in 1 Corinthians 13 describe the true and comprehensive nature of love and offer great insight into what all human beings strive for and need.

Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. It is not rude. It does not look out for its own interests. It does not easily become angry. It does not keep track of other people’s wrongs. Love is not happy with evil. But it is full of joy when the truth is spoken. It always protects. It always trusts. It always hopes. It never gives up. Love never fails.

We pray that 2015 will be a safe, peace, love-filled and productive year of learning and fulfilling relationships for all students and their families. However your spiritual self is nourished - whether it be within a particular faith and worship tradition, by the love of those around you, intentional reflection and meditation, - the example and teachings of Jesus Christ, the work of God and the Holy Spirit in our lives, can help us all to better apprehend and appreciate all the good things that we have in our lives.

We can recognize those ways in which our circumstances are fortunate. Not everything will go perfectly this year; yet the kindness and love we give to each other will equip us to persevere through difficult times. Pulteney is a strong and supportive community that generously looks after itself and the wider community.

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. In fact getting the amount of donations we gather to the centre is serious work and we are thankful to the Old Scholar's Association who do this for us.

Donations can be brought to the Chapel Foyer. Thank you for your ongoing generosity.

Special Services

Ash Wednesday 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 their regular chapel on Thursday afternoon.

Chaplaincy arrangements for 2014

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

Wellbeing

Following the summer break it’s not uncommon for students to feel a little anxious at the prospects of returning to school. For some students, this anxiety is heightened in certain situations, for example; beginning school for the first time, transitioning to a new part of the school, or the prospect of having more than one teacher. Listed below are a few strategies you may wish to implement in the hope of easing your child back into the school routine.

1. Prepare the home – A great way of easing your child back to school is by getting your home ready for the transition. Setting up a homework area for them to work in each afternoon and making school lunches the night before can help your child feel more in control and relieve some of the anxiety associated with the coming day. If you haven’t already done so, you may like to take your child shopping with you for new school supplies. Not only does this help develop organizational skills, but many children love choosing their stationary for the term and this can serve as a timely motivator.

2. Go over the basics – Discuss with your child, ‘where are the bathrooms? Where do they put their bag first thing in the morning? Where will they eat lunch? What are their lessons for the following day?’ Knowing the answers to some of these questions may help to relieve some of the anxiety associated with the upcoming day.

3. Arrange some playdates – If possible, help your child connect with some of their familiar peers. If your child is anxious about not being in the same class with old friends, reassure them by letting them know they can have regular playdates with old friends after school. It should be noted that the co-curricular activities offered at Pulteney Grammar provide excellent opportunities for your child to connect with familiar faces and also to establish new friendships.

4. Sleep and diet – Adequate sleep and a healthy diet is important for optimal brain function, mood and maintaining focus and attention at school. A healthy protein and carbohydrate balanced breakfast will help ensure your child is operating at their best throughout the day.
5. Communicate – During the transitional period, try to make a point of being present as much as possible before and after school. Where possible, dropping off and picking up your child from school can help calm a few nerves in the first week. Spend some quality time talking with your child about their day and whether they have any questions. By giving your child a little extra attention, you will help them feel more secure about their connection to you and home, and therefore help them navigate back to school time.

6. Normalise – Remind your child that they are not the only ones feeling anxious about returning to school. Reassure your child that the teachers are often aware that students are feeling a little anxious and that they will probably be spending some time with the students to make them feel comfortable and settle into the classroom environment.

7. Highlight the positives – It is not uncommon for students returning to school to list a host of reasons as to why they don’t want to go back. As parents, you can assist your child by firstly pointing out their pattern of negative thinking, and secondly, by offering alternative positives.

8. Reframe – Discuss with your child the strategy of reframing their anxiety as excitement. For example, instead of thinking of all the reasons they don’t want to go back to school; start thinking “I am excited for the potential opportunities that lie ahead of me this year”. What we think has a huge impact on what we feel. The premise of this strategy is to change the negative thoughts to positive ones in order to experience more positive feelings.

Chris Clements and Michelle Roesler
School Psychologists
Wellbeing Team

Pulteney Grammar School Sport

General Notices and reminders

Students need to ensure they listen carefully to notices this week for training times, team lists, game times/venues etc as all sport is up and running. The majority of games will commence in week 2. Please keep an eye on the ‘sport this week section’ of the schools website for updated information.

Compulsion and commitment

All students are required to undertake a physical activity and are encouraged to choose additional cultural activities to extend the breadth of their extra-curricular experience.

In the Middle School each and every student is required to participate in at least three activities per year; two of which must be sports (one in terms 1 and 4, and one in terms 2 and 3). These can be selected from a wide range of activities. In addition, all Middle School students are involved in community service activities.

It is compulsory for Year 10 and Year 11 students to participate in two co-curricular activities and for Year 12 students to do 3 terms of activities. Even so, the expectation is for a greater level of involvement unless particular circumstances prevent this. In addition all one ninety students are also involved in community service activities.

School sport vs other sporting commitments
Pulteney enforces the ‘School First’ rule, which states that if a student plays for a club then the student must nominate for that particular sport at the School if it is on offer.

It is not acceptable for a student to exempt themselves from a school sport on the basis that they play this sport, or another sport offered by the school, for an outside club at the same time. Where such a clash occurs it is expected that the student will play for the school.

Where a student has a demonstrable commitment to a sport that is not offered by the school and this prevents involvement in a school sporting activity, then an exemption may be negotiated with the Head of Sport. In such cases this sporting commitment will be acknowledged by the school and credited as a bona fide co-curricular activity.

If you have any questions or queries please don’t hesitate to contact me at nik.sacoulis@pulteney.sa.edu.au or on 8113 5625.
Behaviour In Co-Curricular Activities

The school policy on behaviour in co-curricular activities is reproduced below:

Policy On Behaviour In Co-Curricular Activities

The following guidelines aim to assist teachers, coaches, students and parents. Co-curricular Activities at Pulteney are an important part of a full and balanced education. We are concerned to preserve sound educational and social practices in the many inter-school and intra-school fixtures in which Pulteney is involved. We ask for the co-operation of the school community to ensure that these aims are realised.

Practices which place the pursuit of victory above those aspects of co-curricular activities concerned with enjoyment, balanced development and good sportsmanship are to be avoided.

Players Code of Behaviour

1. Play by the rules.
2. Treat all participants as you like to be treated.
3. Do not bully or take unfair advantage of other competitors.
4. Deliberate violence should never be used towards opponents.
5. Verbal provocation of any sort is unacceptable.
6. Use of bad language, whether directed at an umpire/referee, another player, oneself or anyone else, is unacceptable.
7. Never argue with an umpire/referee or contest their decisions. Any negative response towards an umpire’s ruling is unacceptable.
8. Immodest behaviour in victory or success, and manifestation of self-disgust at an error or failure are considered to be poor sportsmanship and are therefore unacceptable.
9. Respect the rights, dignity and worth of all participants, regardless of their ability, race, ethnic background, gender or religion.

Spectators/Parents Code of Behaviour

1. Children appreciate the presence and positive support of parents and spectators.
2. If Pulteney is host, assume some responsibility for making visiting parents and spectators feel welcome.
3. If you are visiting another school, respect the host’s premises and rules in matters of parking, tidiness and social etiquette.
4. Never seek, during a match, to give advice to coaches, umpires/referees or to players.
5. Set an example of good sportsmanship to your children by applauding good play from both sides and by refraining from verbal abuse or remarks which belittle players or umpires/referees.
6. Support all efforts to remove verbal and physical abuse from sporting activities.
7. Respect the rights, dignity and worth of all participants, regardless of their ability, race, ethnic background, gender or religion.

Coaches and Coordinators Code of Behaviour

1. Ensure that the time participants spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
2. Positive constructive feedback on student performance is appropriate and any negative feedback on student performance is to be given in a considerate manner and without demeaning the student.
3. There must be no psychological abuse of students by coaches and other volunteers.

4. Any physical contact with a young person should be appropriate to the situation, necessary for the participant’s skill development, and be with their consent. When in doubt, don’t touch.

5. Respect the rights, dignity and worth of all participants regardless of their ability, race, ethnic background, gender or religion.

Nik Sacoutis,
Head of Sport

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 12.20 pm – 4.30 pm
Friday 8.00 am – 11.30 am

The Pulteney Shop welcomes all our new students who are starting their education with Pulteney Grammar School and a welcome back to all existing students.

Term 1 is summer uniform for ELC to Year 9 students and 190 students have a mix and match option.

Have a great weekend,
Jenny Hewitson,
Shop Manager

Prep Sport Notices

Summer Sports
Please see below for match starting dates for Prep Summer sports. All trainings are on Wednesday afternoon during Lessons 5 or 6. More details will go home later this week re uniform, match times etc.

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 3  
Mon – Yr 4 and 5 Boys, Tues – Yr 6 Boys, Wed – Yr 4,5 and 6 girls, Thurs – Yr 3 Boys and Girls.

**Calisthenics**
Congratulations to Lotte and Molly Martin who have both been selected in the South Australian Calisthenics Junior and Sub-Junior teams respectively. Both of these teams are selected by audition and both teams have 24 members from South Australia in them. The teams will compete at the National Calisthenic Championships in Queensland in July 2015. We wish them well for the upcoming Championships.