From the Principal

Taking time to be at rest and breathe

In my regular meeting with the School Co-Captains and Vice Captains on Monday of this week, we discussed some of the many pressure points that can occur in the life of a Year 12 student. Managing the multiple demands of study, deadlines, social networking, sporting and work commitments and maintaining positive peer relationships can cause stress. Whilst we cannot avoid these moments of increased stress (it is a natural part of life and a small amount can even enhance our performance), when extreme emotions begin to interfere in everyday functioning intervention is required.

Taking some time out is not so easily achieved in today’s fast paced lifestyle but, as the students and I discussed, there are steps that individuals and groups can take to stop and breathe. I have had past experience in teaching students the techniques of guided meditation and mindfulness. Mindfulness meditation – the practice of quietening the mind to bring awareness and attention to the present moment – is increasingly being used in schools around the world as a tool to improve student wellbeing and enhance academic performance. Although originating in Buddhist religious tradition, it is a secular form of the practice that has become popular in classrooms and workplaces.

I am not a strong advocate of any particular “brand” of mindfulness education but I do believe that any regular practice of breathing exercise and quietening the mind can have a calming or restorative effect. To this end, a regular session of “quiet time” with some basic breathing, relaxation and focusing exercises is being offered by me and other staff on a regular basis in the Centre for Senior Learning at lunchtimes. Information on the timing of these sessions is published in the Daily Bulletin and on the screens in the Centre for Senior Learning.

Our aim is to support our students to develop their own capacity to improve these coping skills so that they can use them time and time again both proactively and reactively when the need arises.

Anglican Cup

On Wednesday 29 April Pulteney again hosted the annual Anglican Cup Winter Sports Carnival. Despite the inability of Pedare to play, the competition was good and the students from Pulteney, St John’s Grammar and Woodcroft played with good spirit.

Pulteney was victorious once again resulting in the third Cup win in a row. More impressive was the fact that only two games were lost by Pulteney across the six sports played. We are very proud of all who played for the School.

The final points and placings were:
1st Pulteney – 19 Points
2nd Woodcroft – 11 Points
3rd St John’s Grammar – 6 Points
The day saw Pulteney achieve some fantastic results.

- Football – 2 wins
- Netball – 2 wins
- Boys Basketball – 2 wins
- Boys Soccer – 2 wins
- Girls Soccer – 1 win, 1 draw
- Girls Basketball – 2 losses

It was fantastic to see so many students involved in sporting activities on the day as well as peers supporting their classmates during the day. All students participated at a high standard and in the true Pulteney spirit.

A big thank you goes out to all staff coordinators, coaches and officials for the outstanding organisation of our teams as well as our grounds staff for preparing our ovals and facilities in magnificent condition. Thank you also to the Friends of Pulteney for their support providing catering and other facilities on the day.

I look forward to making it 4 in a row in 2016
From the Chaplain

Transcending the ordinary- leadership and shepherding.

In the bible reading for this week’s chapel we hear Jesus describe himself as the Good Shepherd. We also prayed Psalm 23, surely the most well-known and cherished psalm in the Bible. It speaks of God caring for us like good shepherds care for their sheep. Why do shepherds feature so clearly in these images of leadership?

We are too often expected to accept poor leadership as an inevitable part of modern life. Regardless of our faith perspective, we should not passively accept substandard leadership in our community. Good leadership is an incredibly important part of our everyday lives. We rely on leaders to help us achieve just about everything we can think of. Some people make the terrible mistake of thinking that leadership is about making people do what the leader thinks is right. The best leaders inspire people. They may be responsible and in charge of a situation, but good leaders are not controlling or manipulating people against their will. Good leaders have integrity, are trustworthy and set a good example. They help us feel safe and they give recognition where recognition is due.

A number of leaders in Israel’s history were shepherds before they were called to lead God’s people. Shepherds in those times led and cared for their sheep in much more personal ways than most modern farmers are able to today. They knew their sheep’s needs very well, and would lead them out of the fold to find good places to eat and drink. They would stay with the sheep all day, protecting them from wolves and other predators, and bring them safely home. This would involve being with the animals in all kinds of weather and in all sorts of hardship, through all stages of the sheep’s life. In a very real and spiritual sort of way the shepherd lays down their life in order to protect the sheep. Certainly comfort and an easy life is put on hold.

A sheep will ultimately give its life to serve its owner and deserves a good shepherd. While it does not do to over simply and romanticise the past, most of are deeply disturbed by many modern farming practices, as we are by leadership that exploits human labour and extracts wealth by callously trading in human misery.

We are all empowered to hear the voice of God in our lives. Too often we think that this is the job for others or we think that we are not worthy of such a conversation. In this bible reading I think we are being invited to reflect on what it is to be the very best kind of leader. In Jesus, the model of The Good Shepherd is used to show us that we too can be great leaders, in the same way that we can be great shepherds. It is no coincidence that people who are cruel to animals never feature on top leader lists! We too can be transformed from being sheep to being a shepherd leader like Christ.

Being a shepherd leaders does not mean we need to suffer. What we do need to be aware of is the need to choose Life, to choose ways of being human that enhance the life and dignity of others. In the example of Jesus we see a powerful example of a Shepherd Leader who models a life that is formed and shaped by caring and loving others, a life of deep listening and...
being a healing influence, a life that challenges and transforms those choose you to be their leader.

A great deal of peace, joy and happiness is to be found in being a great shepherd, a great leader.

Nepal Orphanage Appeal

Go to the Pulteney Website to view up to date information and to donate http://www.pulteney.sa.edu.au/community/friends-of-pulteney/nepal-orphanage-appeal/

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. For some students this will also include Baptism as well. 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

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

Pulteney Footballers Visit Port Adelaide Power HQ at Alberton

On Friday the 17th of April around 30 pulteney football players were lucky enough to attend a training session at the Port Adelaide FC training facilities at Alberton. The students were put through their paces by senior coach Gavin Wanganeen on Ports indoor training facilities and were fortunate enough to participate in a behind the scenes, all areas tour of the club’s facilities. This gave the students a glimpse of what it is like to be part of a professional sporting club.

All players are to be congratulated for their excellent behaviour during the drills, games and the tour.

I would like to thank Richard Sexton, Simon Sharley Gavin Wanganeen, John Cahill and David Emms for their involvement over the 2 day clinic. I look forward to a similar clinic being held next year.

Friends of Pulteney

Friends of Pulteney meetings are held monthly, 7:30pm.

Minutes and Agenda’s for these meetings are emailed to the committee the week prior to meetings.

If you would like to receive minutes via email please contact cate.boucher@pulteney.sa.edu.au

Sport information

A reminder for students and parents to check the ‘sport this week’ section of the schools website for most up to date sports information including maps for away games. The direct link is below.


Nik Sacoutis,
Head of Sport

‘Understanding anxiety in children’ - parent workshop

All children and adults experience some degree of anxiety that serves to keep us focused and cautious where necessary. Children with a more anxious temperament benefit from learning how to respond to anxiety constructively before it strengthens and impacts on their ability to enjoy and actively participate in life and learn to their potential.

Madhavi Nawana Parker is a private behaviour consultant specialising in Resilience, Wellbeing and Social and Emotional Development. Madhavi runs the “What’s the Buzz” social skills program here at Pulteney. In this practical workshop Madhavi explores ways to identify anxiety in children and families offering strategies that can be easily implemented. She also examines when anxiety in children might benefit from intervention from a Psychologist or other specialist.
100th Anniversary of the Gallipoli Landings

On Friday 24th April staff and students from the entire Pulteney community, as well as many members of the wider community, came together to commemorate the 100th Anniversary of the Gallipoli Landings in World War I. This was a significant event in Australian history and we believed that it had a significant impact on the Australian and Pulteney community. Many students were involved from across the school and each had a valuable contribution to the way in which we commemorated the Anzacs with dignity and respect. Specific mention must go to the two student MCs for the event, Alannah Gigney and Luke Radford, who did an excellent job tying everything together and ensuring that the commemoration was done in a respectful and empathetic way.

The key student speaker during this event was Lucy Sara, a current Year 11 student, who wrote a beautiful contribution about what the centenary of the Anzacs Landing on the Gallipoli Peninsula means to her. What follows is an excerpt from her speech.

As dawn broke on April 25th, 1915, the first Australian troops landed on the hostile coastline of the Gallipoli Peninsula. Meeting fierce resistance from the Turkish troops of the Ottoman Empire, many casualties were attained as the Anzac’s rushed up the steep cliffs to meet their objective. However, such resistance later forced them to retreat, until British Commander of the campaign Sir Ian Hamilton issued the order to hold on: “You have got through the difficult business, now you dig, dig, dig, until you are safe.” (AWM) Dig in they did, and the campaign soon became a ‘stalemate’, with both sides building strong defences to deter attack. After eight months of brutal warfare, in the searing summer heat followed by the cold of the oncoming winter, the Anzacs were evacuated from the Gallipoli Peninsula on the 20th December. Although the campaign drew to a close, eight thousand, seven hundred and nine men were never going to return home with a beating heart. (AWM) This harsh reality was quickly recognized, as on the 25th April, 1916, Anzac Day was nationally declared, and here, 100 years on, we continue to commemorate the sacrifice and dedication of our soldiers, past and present.

Despite living almost a century apart, I attended the same primary school as Harold, where he is honoured with a plaque in the Mitcham Primary Memorial Walk. The original building of the Mitcham Railway station still remains, where he would have parted from his family for the last time as he left for war. My grandmother travelled to Gallipoli last year, and with her carried a small container of soil from the train station, which she spread around his grave. The small gesture was our family’s approach to commemorating Harold’s ultimate sacrifice, and a way of bringing a sense of home to his resting place.

The Gallipoli campaign is recognized as Australia’s first major military battle fought as a nation, since federation had only been 13 years prior. Many view Gallipoli as the place where our national identity was first generated, and the Anzac legend was born. There is general consensus on the qualities such spirit involves, including endurance, courage, resourcefulness, good humour, and mateship. Australia’s official World War 1 correspondent, Charles Bean, wrote describing the Gallipoli evacuation: “By dawn on December 20th, Anzac had faded into a dim blue line lost amid other hills on the horizon as the ships took their human freight to Imbros, Lemnos and Egypt. But, Anzac stood, and still stands, for reckless valour in a good cause, for enterprise, resourcefulness, fidelity, comradeship, and endurance that will never own defeat.” (AWM)
This Anzac Day, we do not honour war, for war is not an event deserving of honour. We do however
acknowledge with affection and pride the great courage of our diggers, who gave so much in
shaping the proud national identity of Australia, as well as those who continue to serve. We do so
with deep gratitude, with honour, with eternal remembrance. I leave you with the words of John
Howard, as he addressed the 2005 Gallipoli Dawn Service: “In our time, and for all time, we will
remember them.”

Information from Lucy’s speech was taken from the websites for the Australian War Memorial
and the National Archives from Australia.

Year 9 student Claire Noack also made a significant contribution to the event by reading the
famous poem ‘In Flanders Fields’ by John McCrae. Her contribution was as follows.

Lieutenant Colonel John McCrae was one 620,000 Canadians on the western front, alongside
British, other Americans and the ANZACs. As a surgeon and physician he witnessed firsthand some
of the worst horrors of war and after friend Alexis Helmer was killed, McCrae famously noted how
quickly the poppies grew over the graves of the fallen. The next day, the 3rd of May 1915, he wrote
the world-renowned poem “In Flanders Fields” in the back of an ambulance. The poem that a
hundred years on not only reminds us of the fine line between life and death, the poem that not
only illustrates the reality faced by those who sacrificed their lives, but a poem that celebrate an
icon. The small poppy that despite all the destruction and harmful gases that hung in the air
throughout world war one, it still managed to grow. Moina Michael worked as a humanitarian
before, through and after the war, she introduced the idea of using poppies as a symbol of
remembrance, with these hallowed words: “We cherish too, the poppy red. That grows on fields
where valour led. It seems to signal to the skies, that blood of heroes never dies.”

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

As well as acknowledging the fantastic efforts of many of our students and staff across the
school, we would also like to thank, Major Peter Male for coming in to deliver an emotive and
passionate speech to the cohort from the perspective of an active serviceman and Old
Scholar of Pulteney. Peter is a highly decorated and experienced officer, who has seen active
service in some of the most significant conflict zones in the modern world. We were
honoured to have him speak with us at this event and would like to offer our thanks for his
contribution on the day.

Kirsty Raymond,
Head of Humanities
Commonwealth Bank School Saver Competition

The Prep School staff and students joined a representative from the Commonwealth Bank in congratulating Michael Trenwith in Year 4O for his achievement in the Commonwealth Bank School Saver Competition during a recent Prep School Assembly.

Michael was awarded state winner of the School Saver Competition, winning an iPad mini for himself and one for the school. This was a great achievement for Michael who has assisted Mr Oates in planning to put the iPad to good use in the Year 4O classroom.
**Coffee and Zeppoli day**

A coffee and zeppoli day at school will be set up to raise funds for the Assistance Dogs training program. We would appreciate hearing from any Nonna’s, Madre’s or anyone good at Italian Donuts who might like to come in and demonstrate to the students, and staff, the preparation and cooking of these delicious pastries (we are open to any variants on the theme eg Sicilian, Napolitan etc).

Contact tonynewson@pulteney.sa.edu.au or Karen.Kurczak@pulteney.sa.edu.au. If able to help.

**Wellbeing**

**Loosening the grip on thoughts:**

Last week I wrote an article on dropping the struggle with your emotions. The message from that article was that if you can learn to sit through uncomfortable feelings, without resisting, challenging or avoiding them, then you will be less likely to experience psychological discomfort. This week, I wanted to discuss a process you may like to try to help assist you in loosening your grip on unhelpful thoughts.

How would this be useful? When we get caught up and are preoccupied with our thoughts (Fusion) we tend to view them as the literal truth e.g., rules that must be obeyed; important events that require our full attention; or threatening experiences that must be avoided or eliminated. When we fuse with our thoughts, they have enormous influence over our behavior. Defusion is not a process for stopping thoughts or substituting them for more helpful ones. Defusion is a process in which you learn to see thoughts as thoughts, and to not treat them literally. If you can learn to take a step back and see your thoughts for what they really are – nothing more than an ever changing stream of words, sounds or pictures – then they will have much less impact and influence over your behavior. A unique paradox that often occurs as a result of this process is that the frequency of these thoughts is often reduced, or their forms may change. However, this is not the goal of defusion.

To illustrate the concept of defusion pick a thought that really bothers you – for example, what does your mind tell you that you are not good enough at? What does your mind tell you when you look in the mirror naked? Pick a thought that really bothers you. Now place that thought into a short sentence such as ‘I’m X’ e.g. I am lazy. Now, I want you to really fuse with that thought for 10 seconds, really buy into that thought and believe it.

Now silently replay the thought in your mind but this time put the words ‘I am having the thought that…’ e.g., ‘I am having the thought that I am lazy’. Replay this one more time but this time add, ‘I notice that I am having the thought that...’ e.g. ‘I notice that I am having the thought that I am lazy’. What most people tend to find happens with this exercise is that they create a bit of distance between them and their thoughts i.e., they become less believable. Note: you are not trying to get rid of the thought, thoughts will come and go as they please, you are merely creating some distance between you and your thoughts.

There are over 100 different defusion techniques in Acceptance and Commitment Therapy. Techniques you may find helpful are:

First, put the negative self-judgment in the form, ‘I am X’:

- Silently sing your thought to a tune e.g., happy birthday song
- Repeat the thought in your head using the voice of a cartoon character, movie character or sports commentator
- Imagining your mind is like a computer and your unhelpful thoughts are like internet pop-up ads
Imagine your negative thought printed in bold on a T-Shirt.

Imagine your negative thought printed as words on a screen-saver. Watch the letters change colour, size, shape etc.

If a thought seems to be a barrier to an action, ask yourself “Is it possible to think that thought, as a thought, AND do X?” Try it out by deliberately thinking the thought while doing what it has been stopping.

Chris Clements,
Wellbeing Team

Futures

UNSW Computing Presentation

Earlier this week, many Year 10 students attended the UNSW computing roadshow presentation, which outlined the differences between the various IT/Engineering degrees, highlighted some of the career opportunities available to computing graduates, and detailed some of the amazing projects that UNSW computing students have worked on. The presentation included a demonstration of an AIBO robot that was used for several years in the international RoboCup competition, a competition that UNSW have been very successful in, being ‘crowned’ World Champions again in Brazil in 2014. Presentations like this provide students with an opportunity to see the possibilities available to them outside of their immediate schooling and hopefully spark some interest to explore future career areas further. Students interested in exploring UNSW or IT/Engineering careers, are encouraged to visit their website, https://www.unsw.edu.au/ or collect an information brochure from the Futures Office.

Latitude Information seminar – Tuesday 12 May

Last week, a representative from Latitude Global Volunteering spoke with Year 12 students about her experience as a volunteer in Vietnam. She gave an insight into the process of application and some of the skills she developed as a result of her placement. Latitude is an organisation specialising in volunteering for 18-25 year olds, which includes facilitating placements as tutors, teachers and coaches in overseas schools in countries across Europe, Africa, Asia/Pacific and the Americas. There are scholarships for placements in some areas. Students who are interested in exploring this opportunity further are invited to attend an information session in Adelaide on Tuesday 12 May. Details can be found at http://www.latitude.org.au/find-out-more/attend-an-info-night. Latitude is also running a series of interactive online information sessions, some of which are tailored for different countries or regions. The sessions are easy to access via the web. To join these sessions, access the following link http://www.latitude.org.au/find-out-more/online-information-sessions. Applications for 2016 placements close on 5 June 2015. Selection interviews are expected to be held in July. For details and bookings, go to www.latitude.org.au, email info@latitude.org.au or telephone 03 9826 6266.

National Careers and Employment Expo Adelaide – 22 and 23 May

All students (and their parents) interested in exploring their future employment options are encouraged to attend the National Careers and Employment Expo at Wayville Showgrounds Friday May 22 (9 – 3.30pm) and Saturday May 23 (10 – 4pm). Entry is free. As part of the PLP, all Year 10 students will visit the expo on Friday during lessons 3 and 4. This year’s event will be a great showcase of employment, skills, education and training opportunities across Adelaide and South Australia. The expo welcomes visitors to come along and get careers advice, discuss study options with leading education providers, source information on industries of interest and speak directly with major employers. There will also be some
information on GAP year opportunities, traineeships and apprenticeships. For a full list of exhibitors, and for further information, go to http://ncee.com.au/adeleidef.

University of Sydney – Tuesday 26 May, 6pm

The University of Sydney is the oldest Australian university. It consistently ranks in the top 5 or 6 universities in Australia and is also a Group of Eight university. The University offers an extensive range of undergraduate courses and pathway courses for medicine and dentistry. A representative from the University of Sydney will present to all Year 12 students, here at Pulteney, on Monday 25 May, at 12.45pm. Students interested in exploring this option further, and/or parents who would like to gain more information, are invited to attend a more detailed presentation, being held in the Memorial Hall at St Peter’s College at 6pm on Tuesday 26 May. To register for the 6pm session, please go to https://events.sydney.edu.au/office2/getdemo.ei?id=20522&s=_9FK0XXWQH

UMAT – registration closes soon

Year 12 students interested in applying for Medicine, Dentistry and other related health courses are advised that they are required to sit the UMAT test on Wednesday 29 July 2015. The UMAT is a test that is used for entry into medicine and related courses in Australia and New Zealand. A number of organisations offer UMAT preparation courses, and details of these courses are available in the Futures Office. Students are required to do their own research into which course, if any, they wish to complete. Many previous Pulteney students have completed UMAT preparation courses, however, it is the opinion of ACER (the UMAT test developers) and the Universities, that preparation tests are not required. UMAT applications are now open and students MUST register if they wish to sit the UMAT. Registrations close Friday 5 June. Details of the UMAT, and courses that require it, can be found at www.umat.acer.edu.au. Students are advised to download a copy of the 2015 UMAT Information Booklet from this site. Applicants are reminded that on the test day, they will be required to show one form of photo-bearing identification, details of which are on the website.

VET courses for Semester 2

Vocational Education and Training (VET) courses are practical in nature and allow students to develop skills and explore possible career areas, while gaining SACE credit. Courses are held off-campus and can be either during or after school hours and encompass areas including fashion design, fitness, business, music and hospitality to name a few. If your son/daughter is in Year 10 or 11, and is interested in studying a VET Course in Semester 2, please encourage them to see me as soon as possible to discuss their options. Courses are filled on a ‘first come’ basis and applications will open very soon.

Australian Defence Forces (ADF) Careers Expo and Information seminars

The ADF Careers Expo offers an opportunity to see and hear from today’s military leaders and is an ideal chance to gain insights into the multitude of defence careers available. The Expo is being held on Thursday 11th to Saturday 13th June 2015 at the Adelaide showgrounds, in the Goyder Pavilion. For more information email Cotsa@dfic.com.au or phone (08) 8402 5608. In addition to the Expo, the Defence Force are holding several information session over the coming months. Please see dates and topics below. All session are held at Defence Force Recruiting, 191 Pulteney Street, Adelaide.

Wednesday 20 May – Women in Defence
Thursday 18 June – ADF Careers
Thursday 25 June – Australian Defence Force Academy (ADFA)
Adelaide ‘Bond with Bond’ Information Evening – June 15, 6pm

Students interested in applying to Bond University are advised that applications are now open. Each year, Bond University offers 50% Collegiate Scholarships to two Pulteney Year 12 students. Year 12 students have been emailed detailed information about the process of application for these scholarships, which involves an online application to Bond University and also an internal school application. Bond University also offer a number of full-fee and part-fee scholarships to Australia’s best and brightest students. To learn more about Bond University, FEE-HELP, financing a degree and the scholarships on offer, parents and students are invited to attend an Information Evening on Monday 15 June, 6 – 8pm at the Adelaide Hilton, 233 Victoria Square. To register, go to http://bond.edu.au/future-students/study-bond/see-yourself/bond-bond or contact Jennifer Latorre on 0437 024 134 or jlatorre@bond.edu.au.

In addition to attending the information night, students wanting to apply for the many Bond University scholarships online are encouraged to go to http://www.bond.edu.au/scholarships to explore their options. If applying to Bond University, students will need to attach the following information to their application:

- a recent photograph
- their full resume
- all supporting documentation outlined in the selection guide for each scholarship
- certified copies of school reports and academic transcripts

Students will also be required to provide a letter of reference from a nominated person from Pulteney. Applications for all Bond University scholarships close on 31 July. The Admissions Manager for SA is Ms Jennifer Latorre and she can be contacted by email at jlatorre@bond.edu.au.

Year 11 Work Experience – 15 to 19 June

Year 11 students will undertake work experience in the week following their examinations this term. To prepare students for their placement, they have recently been involved in a workplace health and safety program, which will continue in the coming weeks. In week 7, students will be given their work experience journal, which needs to be completed and submitted on their return to school, along with a ‘final checklist’ to complete before they begin their week of placement. If you have any questions about work experience, please feel free to contact me.

Tertiary Studies and Careers Expo – Sunday 14 June and Monday 15 June

The Tertiary Studies & Careers Expo (TSCEA) is a comprehensive event, being held at the Adelaide Convention Centre on North Terrace, on Sunday 14 June, 10.00am – 4.00pm and Monday 15 June, 9.30am – 1.30pm. Admission is free. All Year 10, 11 and 12 students (and their parents) are strongly encouraged to attend, to explore their future career options. There are many exhibitors, including representatives from all Universities in South Australia, plus some from interstate and overseas, Private Education Colleges, TAFE SA, Government Agencies, Professional Associations, Local and National Employers and the Defence Forces. For more information, go to http://www.careersevent.com/tscea/. This is a valuable ‘one stop’ event and any student considering studying post Year 12 will benefit from attending the expo. Attendees will also have the opportunity to win an apple watch, which is an additional incentive!

The International College of Hotel Management Career Week

The International College of Hotel Management (ICHM) at Regency Park runs a ‘Career Week’ program during the July and September holiday periods. It is a ‘live in’ introduction to the Hotel Management course offered by ICHM. Information brochures and application forms are available from the Futures Office, or email admissions@ichm.edu.au. For more information on ICHM go to www.ichm.edu.au or phone 8228 3636.
University and TAFE Open Days – 14 to 16 August

Open days at University and TAFE are a fantastic way for students and their families to explore post-schooling options. This year, Adelaide University, UniSA, and Adelaide TAFE, will be open on Sunday 16 August, with Flinders University open on Friday 14 and Saturday 15 August. Please put these dates in your diary, as I would strongly encourage all Year 10, 11 and 12 students, who are considering TAFE and University options, to attend. Timetables and more information will be available closer to the date, or on the respective institutions websites.

Planning on studying interstate after school?

Students interested in looking at post-school study options interstate are also encouraged to explore their residential options, as entry into many of the university colleges is very competitive. Below is some information about a possible option for students interested in studying in Sydney.

St Andrew’s College, Sydney

St Andrew’s College is a residential co-education college associated with the University of Sydney. While most of the residents attend the University of Sydney, the College also has residents that attend other Sydney based universities. The College offers a number of scholarships, including the St Andrew’s Scholars Program. Up to five students are awarded this scholarship each year and it provides financial support of $25000 per year. Applications for this scholarship close on 30 June 2015. For details of the scholarship and the College, go to www.standrewscollege.edu.au or phone (02) 9569 7300.

Cultural Care Au Pair

Students interested in exploring GAP year opportunities might be interested in being an Au Pair in America. Being an Au Pair provides an opportunity for students to challenge themselves, by living with a host family in USA for 12 months, caring for their children. Information sessions are held monthly and the next session is on May 16 at 10am. To reserve a seat at the seminar or to gain more information go to www.culturalcare.com.au or phone 1800 677 373.

Plan My GAP Year

Plan my GAP year is a student travel company, whose aim is to encourage school leavers to see the world and make a difference. They are an award winning international volunteer placement organisation based in the UK, providing short-term placements in Africa, Asia and Eastern Europe. Opportunities exist in areas such as childcare, English Teaching, Medical Healthcare and Wildlife Conservation. For further information, go to www.planmygapyear.org.

If you have any questions regarding careers, please feel free to contact me on leeanne.bryan@pulteney.sa.edu.au, 0400 477 512 or 8216 5553.

Leeanne Johnston-Bryan,
Coordinator of Futures
**Pulteney Shop**

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

**Open Times for Term 2**

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The Open Times for Monday cease on the 11 May, 2015.  
The Pulteney Shop will then only be open on Wednesday and Friday.  
We still have a good supply of Winter Uniform if required.

Have a good weekend,

Jenny Hewitson,  
Shop Manager.

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**Senior Sport Notices**

**Results**

**Basketball**

190

1st V defeated Rostrevor 55-33  
2nd V defeated Rostrevor 45-35  
3rd V defeated Rostrevor 76-19  
4th V defeated PAC 38-29

**Middle School**

A’s defeated Immanuel College 33-31  
B’s lost to Immanuel College 26-24  
C’s lost to Immanuel College 14-10

**Hockey**

Pulteney First XI Hockey Lost to Scotch 0 - 8

Although the team lost, the final score line did not reflect the skill and enthusiasm of all players. With only 10 players on the field and two of those never playing hockey before, each team member gave it their all and it was great to see every single player contribute to the game. A special mention must go to Willand Huynh, who as a new player to the sport, has also raised his hand to go in goals and be the First XI goalkeeper.

Congratulations to Mia Williams who has been nominated Captain and to William Dieperink and Charlie Fewster who have been nominated Vice-Captains.

**Rowing**

Congratulations to Alannah Gilsmore and Matthew Nielsen who were both selected to represent South Australia in girls and boys Pathway Eights recently. Both attended the interstate schoolgirl/schoolboy regatta at the National Junior Selection Trials at the Sydney
International Rowing Course recently. Alannah earned the right to cox the girls and Matthew stroked the boys eight. Unfortunately preparation for both crews was quite limited with only a handful of sessions together before the event. The regatta provided an opportunity for athletes to trial for the Australian Junior Rowing Team 2015 and gave both Alannah and Matthew the experience of attending National selection trials under the eyes of officials from Rowing Australia.

Football

The 1st XVIII team turned in two strong performances against Woodcroft and St Johns at the Anglican Cup Carnival last week. Coach Wanganeen was able to rotate players through many positions giving valuable playing time to all players.

Unfortunately the first round of school football saw some very one-sided fixtures for our teams. While it is always good to start off with a win, all teams are hoping for more of a contest this weekend against Cardijn College, Westminster and Sacred Heart.

1st XVIII defeated PAC 3 – 26 goals 17 to 5 goals 3
Year 8/9 defeated Immanuel – 29 goals 17 to 1 point
Year 6/7 defeated PAC – 10 goals 9 points to 4 goals 5 points

Soccer

First XI:

Pulteney 0 vs Pembroke 6
Best players:
Ali Kaissi 3 votes
James Cartwright 2 votes
Dion Vithoulkas 1 vote

Our overall performance today was mixed as we started off very slow and sloppy, I was proud of my team as our squad is based on year 10/11 with only 4 years 12's so our future is bright.

It was a massive step up for the new players in my squad and I’m sure now they know what lies ahead.

I was very pleased that no matter what the score line was the players not once dropped their head and played to our structure and formation. Looking forward to the week ahead to work on a few errors that was made.

Second XI:
Lost to Pembroke School

Third XI:

Lost to Scotch College 7 - 0
Best players: Zac Marsden, Josh Hackett, Jake Nayler

Year 9:
Lost to Pembroke School

Year 8:

Won 7 – 3 vs Mercedes College
Goal scorers: Marco Talladira 3, Gus Naido, 2 Jake Reedman 1, Dillion Hill 1, Lachlan Casey
Special mentions:
Marco Talladira, Gus Naido, Benjamin Cahill

Year 7:

Lost to PAC 8-0.
Special mentions to Dylan Boscaini and Alex Shakib for their great efforts as goalkeepers, and to Jacob Jones for creating some very dangerous chances. Despite the scoreline, the team
showed great courage in defense and excellent formational awareness through the midfield and forward line. The teams’ performance improved greatly as the game went on, most importantly as we didn’t drop our heads, showing promise of a successful season ahead.

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.

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 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

Soccer
Yr 4 Boys Blue defeated St Andrews 2-1
Yr 4 Boys White lost to St Andrews 2-5
Yr 5 Boys Gold defeated PAC 8-1
Yr 5 Boys Navy defeated PAC 5-1
Yr 6 Boys defeated Cabra 8-2

Football
Yr 1/2 PGS 7-1-43 defeated CBC 6-3-39
Yr 3 PGS 6-7-49 defeated Unley 4-3-27
Yr 4 PGS 10-3-63 defeated CBC 3-4-22
Yr 5 PGS 9-8-62 defeated Mitcham 3-2-20
Yr 6/7 PGS 9-8-62 defeated PAC 3-3-21

Netball
Yr 3 Blue lost to PGS White 0-3
Yr 3 White defeated PGS Blue 3-0
Yr ¾ Gold drew with Parkside 3-3
Yr 4 Navy lost to St Raphaels 1-14
Applications invited from Year 11 students for the National Youth Science Forum to be held in January 2016

The 12-day NYSF Program enables participants - students about to start their final year of high school - to "test drive" and make informed decisions about courses and careers in science. Participants gain an insider's view of campus life and how university study connects with careers. Workshops and field trips provide hands-on experience in real projects with top research scientists and engineers from industry and major research institutions.

Above all, the students build friendship links and networks that will continue through their studies and far into their later professional and personal lives!

What will I do at the National Youth Science Forum?
You will:
- Live on campus in Canberra.
- Visit laboratories of interest to you and learn about their research.
- Visit other laboratories to learn about collaboration and other areas of science.
- Visit industry and research sites to see science, technology and engineering in the workplace.
- Meet other like-minded students.
- Talk to leading academic and industry researchers and scientists about their work and careers.
- Learn about our supporting partners and the work they conduct.
- Discuss and debate emerging science and its impact on our community.
- Form life-long friendships and begin to build professional networks.
- Report to your home communities about the program, and the importance of science in our everyday lives.

Who can apply?
Any year 11 student who is
- Interested in a career in science, technology and engineering.
- Planning to do a science, technology or engineering course at an Australian university.
- An Australian citizen or has permanent residency status.
- Achieving good marks in science, but also has other interests and skills.

“I really like science but I’m not the number one student in my class…”
Applicants DO NOT need to be at the top of the science classes, as long as you can demonstrate an obvious passion and commitment to science subjects. It is important that you have a broad range of interests, both extra-curricular and academic.

Information leaflets and other information, including Application Forms, are available online at the website: http://www.nysf.edu.au, or see Mr Drogemuller (Head of Science) for brochures and information.

Applications close on 31 May 2015.
Mother's Day SALE
for our Labs 'n Life dog training Program

Miniature 5” Pots $9.99
7” Extra Large Pots $17.99

Order online at www.trybooking.com/HPDI

Plants available on Thursday 7th and Friday 8th May at the Allen Learning Centre (next to Basketball Court)

MAY 10

Labs ‘n Life Inc.
Empowering our youth through positive engagement and interaction with Labradors
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

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

**Club Meeting**
Friday Night May 22
All Students and Parents

**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
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
30 SEPT—2 OCT, 2015

Youth Workshops for academically gifted students in years 8-10
held in state-of-the-art facilities at Flinders University

Schools and families are invited to nominate gifted students from Years 8 to 10 who would benefit from in-depth workshops led by experts in their field. Students passionate about the arts, humanities and/or sciences are encouraged to attend.

There will be a variety of topics to choose from including: Analytical and Forensic Chemistry, Art, Creative Writing, Dance, Design, Drama, Engineering, Genetics, Law, Mathematics, Music, Palaeontology, Philosophy, Photonics, Physics, Renewable Energy, and Wetland Ecology.

Date: 30 September—2 October, 2015
Time: 9:30-4:00pm
Cost: $195 for 3 days of workshops and course materials. Special financial consideration may be given to country students and students who would be precluded by financial constraints.

Cost for family or school members of GTCASA: $160 (GTCASA membership number will be required).

To register your interest: please send the following details to youthworkshops@live.com.au
- School/family name and postal address
- Contact name, e-mail and telephone number/s
You will be sent a nomination form plus detailed information about the range of workshops being held.
Alternatively, register online here:

Gifted and Talented Children’s Association of SA
Phone: 8354 1858  Website: gtcasa.asn.au