Valete Year 12, 2015

This final week for our Year 12 students is particularly special. It can also be an intense and emotional time. To ensure the final few days are memorable and meaningful, the School Captains and Vice Captains have worked closely with students and staff to plan a fun-filled Celebration Day on Thursday. What has impressed me is the students’ desire to provide fun activities for younger students on this day; this approach has been consistent throughout the year and I thank our senior students for their inclusive and supportive approach to students in all four sub-schools.

Friday’s Valedictory events formally acknowledge the many contributions of our Year 12 students as they transition to becoming, very shortly, our newest Old Scholars. The Valedictory Dinner is a wonderful event that highlights the strong bonds formed between students and their teachers.

Whilst there are still examinations and final assessments to be completed, this last week provides each student a time to reflect, to say goodbye with dignity and respect (for themselves and others), to consider their future and to appreciate the significance of the rites of passage and the ceremonies we place around these.

We wish our Year 12s all the very best for their bright and varied futures.

Anne Dunstan
Principal

The Future Leaders of Tomorrow

“A leader is one who knows the way, goes the way and shows the way.” John C Maxwell

“It is time for us to stand and cheer the doer, the achiever, the one who recognises the challenge and does something about it.” Vince Lombardi

“I talk and talk and talk, and I haven’t taught people in 50 years what my father taught by example in one week.” Mario Cuomo

The above quotes illustrate some of the qualities evident in positive, productive leadership. John C Maxwell demonstrates the need for a clear vision, insightful planning and the ability to inspire others to follow.

While Vince Lombardi states, a strong leader evokes a positive response, one of praise through their ability to persist and achieve the common goal. The final quote of Mario Cuomo succinctly outlines one of the most important characteristics of a good leader; namely leading by example.

As educators we recognise and encourage the key attributes students require for the
development of successful leadership skills. These include interpersonal skills of decision-making, mediation, and discernment, motivating, encouraging and supporting the developments of others. The student leader also demonstrates qualities of integrity, patience, a sound work ethic and a desire for community service. At Pulteney our aim is to instil leadership qualities in our students to ultimately facilitate successful outcomes for the wider community and individuals within that community. Teachers model leadership qualities on a daily basis through personal conduct and attitude. They also recognise the leadership process not only includes the achievement of the final goal but acknowledges and appreciates the efforts of each group member.

Teachers provide opportunities for students to practice leadership skills and recognise the purpose for these skills to achieve the desired successful outcomes. Apart from the obvious leadership opportunities such as School Captains, Middle School Prefects, House Leaders and SRC, to name a few, each student is given the opportunity through the education environment to participate in a variety of pastoral care and community service initiatives. Whether it is at whole School assemblies, Principal’s tours, Chapel services, peer tutoring, City Week activities, outdoor education, on the sporting field or on the stage we regularly see students developing, exercising and demonstrating their leadership skills.

As their time at Pulteney is quickly coming to an end, it would be remiss not to acknowledge and thank our Year 12 students and our Student Leadership Team. The students have been very ably led by Emma Kittel, Tristram Fyfe, Kate Westland and Lukas Price and all have had an enormous impact on school life. They have taken the time to listen to younger students and genuinely understand their concerns. They have also planned community service events and I have been impressed by the way they worked together to ensure these were successful. To their great credit, they have modelled their values clearly. They are loyal friends, keen to try new experiences, honour their commitments and balance their lives to achieve in a variety of ways and still have fun. The year 12 cohort has made a significant contribution to our school over the years and we thank them for all their efforts. Our thoughts and best wishes are very much with them as they now turn their attention to preparing for their final exams.

Children are keen observers of behaviour and attitude and therefore parents play a pivotal role in modelling sound practices and values within the family. Parents also recognise their responsibility in striving to develop and guide the personality traits of their children for future leadership opportunities.

As educators we are very much aware of our need to support parents in our joint endeavour to best equip and promote our students, the future, successful leaders of tomorrow.

Greg Atterton
Deputy 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/

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**Diary Dates**

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<td>4 Dec</td>
<td>Term 4 finishes</td>
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**Win a pre-paid school fee voucher to the value of $22,100 for just $100.**

One lucky winner will be drawn in November,

Will it be you?

Enter the draw to win a pre-paid school fee voucher to the value of $22,100!

Tickets are just $100 each and a maximum of 500 tickets will be sold

1st prize Pre-paid 2016 Pulteney Grammar School Tuition Fees
   (to a maximum of $22,100 dependent on the year level tuition fees)

2nd to 5th prizes are a $500 voucher for the Pulteney Uniform Shop

All proceeds from this raffle support the good work of The Pulteney Foundation.

Enter via the School’s website or www.trybooking.com/HNGH,

Terms & Conditions apply; please refer to www.pulteney.sa.edu.au/foundation/events/termsandconditions

Pulteney Grammar School
190 South Terrace, Adelaide, South Australia, 5000

License No: M12934
From the Chaplain

The Sacred and the Secular - there is no boundary when it comes to Care and Compassion

In the Prep School chapel this term we will be exploring the importance of the values of Care and Compassion- ‘care for self and others’. These values are being explored as part of the values framework that shapes the national framework for values education. Care and Compassion- together with Doing Your Best, Fair Go, Freedom, Honesty and Trustworthiness, Integrity, Respect, and Understanding, Tolerance and Inclusion are all values that contribute to individual and community happiness.

Using this essentially secular framework in chapel is easy to do, but it is not simplistic. The pursuit of happiness many of us would agree is a worthy goal in life. Some would pride themselves on ‘keeping it simple’, when in fact we have stumbled upon without fully appreciating it, a deep philosophical and religious truth. Happiness is in fact a goal evidenced in
many faith traditions. However it is much more complex that the gratifying idea of having laugh and joking around with friends in an easy manner. In the deeper context, we cannot really make any judgment about how happy a life has been until it has been fully lived. In the same way as we would not make a conclusive judgment about a book or a game of sport until it was over.

In philosophical and religious traditions happiness is intricately connected with living a worthy life, in aspiring to live your human life to its fullest. Theologians like St Thomas Aquinas and St Augustine conceptually equate happiness with God. For Buddha, the journey to happiness starts with an understanding of what causes suffering. By overcoming unfulfillable yearning, Buddhism allows you to find happiness, importantly through contentment. Much more can be said about the religious concept of happiness. However you think about an understanding of happiness that is life giving, it is to be found in the thinking deeply and intelligently about the values that inform our lives. Sometimes happiness can be ephemeral. Happiness that sustains us often comes from times of sustained hard work, directed at a goal other than happiness.

We pray that everyone at Pulteney finds happiness by responding positively to the invitation to be a caring and compassionate community while deeply engaged in a broad range of learning opportunities.

Diary Date claimer: Pulteney Christmas Services

Even though I have pushed to the back of mind my daughter’s elated Facebook text ‘I can’t wait to get back home to start planning for Christmas’ (She is in London and has given away many clothes to charity so that she can bring home a bag full of English Christmas decorations. She will be home next Monday) it is probably timely to have these dates in your diary.

St Peter’s Cathedral Carols Service: Friday December 4, 7:00pm. Please note Community Choir rehearsal will start soon.

Christmas Nativity Service: Thursday December 24, 6:00pm Chapel of St Augustine, Pulteney

Magdalene Centre

The Pulteney community continues to be generous in its regular contributions. Donations can be brought to the Chapel Foyer. Baskets have been labelled so that we can sort and care for your donations.

Chaplaincy Contact

I can be contacted at any time, email michael.lane@pulteney.sa.edu.au, phone 8216 5512 / 0434 297 879 or contact the school office

Deep Peace,
Michael

Wellbeing

The power of values: PERFECTIONISM

You may recall last week I wrote an article on Goals and Values and how they can influence and shape the direction our lives move in. The main point of the article was that if we act in line with our values (i.e., values congruent living) then we are likely to experience a rich, full and meaningful life.

When working with students who have perfectionist tendencies, I find it useful to spend some time on values clarification. In most instances, it is usually the case they are overly fixated on achieving goals at the expense of their values. Such students focus their efforts on achieving the best possible grade, no matter what the cost to their personal wellbeing.
Whilst students who have perfectionist tendencies may spend hours upon hours completing homework; achieving ‘the perfect grade’ may not actually be a value to them. Instead, what drives this excessive behavior is anxiety. Its aim is to eradicate any fear of uncertainty and/or fear of failure by gaining more ‘perceived’ control in the situation. This is typically achieved through the engagement of behaviours such as: double/ triple checking for errors and spelling/ grammar mistakes; seeking reassurance from parents or teachers; spending excessive time completing homework; spending excessive time planning and making lists; re-reading material to make sure they understand it; and rewording sentences.

When discussing the student’s values towards education and learning, I often ask what it is their heart desires most. Rarely does a student respond, “100% in each of my subjects”. A more typical response is, “to do well in school” or “to give it my best shot”. When we tease these statements out a little and get to their core values, we often arrive at values such as “persistence, courage, creativity, and flexibility”.

It is with the help of the values clarification activities that students often reach a ‘light bulb’ moment. They begin to realise that a ‘reality gap’ exists between what their heart desires most and the choices they have been making up until now. It is truly powerful when such students realise that their behaviours have been driven by anxiety. With this new level of insight, they realise they have not been acting in line with their values and they see the potential benefit in working at becoming more psychologically flexible.

Chris Clements,
Psychologist

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**Rowing Notice**

Our season was officially opened by Principal Anne Dunstan last Saturday at the Torrens River in beautiful weather before an enthusiastic crowd. Bacchus the egg & bacon roll making machine was in full swing as those assembled were introduced firstly to our coaches and then the leadership group of Matthew Nielsen, Sally McLoughlin and Alannah Gilsmore. Scarcely had the rapturous applause died down when Rev Michael Lane parted the crowd and strode to the fore, executing another stylish boat naming ceremony, this time for our new boys 1st VIII boat, Prometheus II.

Mother of the newly announced Captain, Paula Nielsen wielded her mallet with great authority, ensuring that the new boat was properly welcomed to the fleet and the crew ‘row past’ provided wonderful photographic opportunities. Prometheus II is a welcome addition and is the result of significant input from the Boat Club committee through their fundraising efforts. Rowers and coaches are indeed most fortunate to have the support of the committee, the rowing community and the School and we are all most grateful.

This week, senior and intermediate crews will race at Port Adelaide while juniors and Development Squad rowers train at the Torrens. If you have not seen racing on the Port River you should come along and support one of the oldest metropolitan rowing clubs in South Australia.

Congratulations to our leaders for the 2015-2016 season;

Captain of Rowing - Matthew Nielsen
Vice Captain of Rowing - Sally McLoughlin
Captain of Boats - Alannah Gilsmore

Richard Sexton,
Head of Rowing
Pulteney Shop

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

Open Times for Term 4
Monday 3.00pm – 4.30pm
Wednesday 12.30pm – 4.30pm
Friday 8.00am – 11.30am

The Pulteney Shop has a good supply of Summer Uniform if required.

In November 2015 we will be asking Students and Parents to come into the Pulteney Shop if they are changing Uniform in 2016.

As you are well aware January 2016 is very busy so if possible November would be a good time to purchase any new uniform and we will make sure that the sizing will be okay for the return to School in 2016.

Jenny Hewitson,
Shop Manager

Senior Sport Notices

Tennis
Premier Open A league PGS 0/7 lost to walford 6/36
Number 1 single Alex Jocic (PGS) lost to Georgia Palasis 1/6
Open B PGS 1/9 lost to walford 5/31
Open C PGS 1/8 lost to Walford 5/35
Open D PGS 1/10 lost to Walford 5/32
Open E PGS 0/15 lost to Walford 6/36
Open F PGS 0/11 lost to Walford 6/36
Friends of Pulteney

Friends of Pulteney meetings are held monthly, on the third Thursday at 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

INTRO A PGS 2/20 lost to Walford 4/25
INTRO B PGS 6/36 defeated Wilderness 0/0
Year 7 B PGS 5/39 defeated Rostrevor 4/32

Volleyball

First VI defeated Pembroke

25 - 12
16 - 25
15 - 12

Boys Senior A defeated by Immanuel

23 - 25
25 – 21
15 - 17

Boys Senior B defeated Cabra

25-21
25-15
15-7

Boys Year 9 defeated by Saint Johns

19 – 25
23 – 25
9 - 15

Boys Year 8 defeated by Saint Ignatius

23 – 25
24 – 26
13- 15

Boys Year 7 Navy defeated by Norwood Morialta

20 – 25
25 – 19
9 – 15

Boys Year 7 White defeated by Cabra

21 – 25
18 – 25
25 – 19

Girls Senior A defeated by Walford

14 – 25
17- 25

Girls Senior B – defeated Walford

25-21
25-20
9-15

Girls Middle Navy defeated by Walford

16-25
19-25
16-25

Girls Middle White defeated Walford

25-21
25-20
9-15

Softball

Open A’s defeated Westminster 17-16
Open B’s lost to Scotch 6-17
Middle C’s defeated Scotch 13-11

Basketball
Senior A Girls defeated Pembroke 67 -12
Top Scorers: Sam Simons 33 points, Katia Stamatelopoulos 10, Mia Valk 8.
Middle A Girls defeated Pembroke 20-15
Best Players : Aiden Heal, Lara Kittel, Aniesha Bishop
Middle B Girls defeated Pembroke 19-12
Best Players: Chelsea Goodes, Kimberly Verhulst and Hayley Greig

Cricket
Pulteney     7/169    Will Bourchier 65 (ret.), Sam McGarry 40 (ret.), Alex Jorgensen 33 no
Defeated
St Michaels    123         Sam McGarry 3/3, Riley Jones 2/24
St Michaels batted first and began well with an opening partnership of 54. Fortunately, after
taking the first 2 wickets, the rest came quickly as their batting fell away. Riley Jones and
Lachlan Schatto both bowled well, with Sam McGarry cleaning up the tail with 3 quick wickets.

We began poorly, and were 5/20 in reply. Will Bourchier and Sam McGarry put the game
beyond doubt, with Alex Jorgensen also getting some quick runs at the end as we continued
for some batting practice.

(Thanks to Will and Sam for filling in this week when we were 2 players short)

Prep Sport Notices
Basketball
Any girl in Yr 5 who would like to play basketball as a second sport in the Yr 5 Navy team
please let Mr Davis know ASAP.

SAPSASA Cricket
Congratulations to Suji Satanayand and Matthew Adams on their selection in the East Ad-
elaide District Cricket team. The will participate in a state wide carnival in Week 4 of this term.
We wish them well in the upcoming carnival.

Equestrian National Schools Championships
Courtney Munro,Yr 6, recently competed in the National Interschool Equestrian Champion-
ships held in Sydney. This was an opportunity for her to compete against very strong competi-
tion.
We congratulate Courtney on being placed 4th in Australia. We wish her well in her future
equestrian endeavours.
PULTENEY BOAT CLUB
HALLOWEEN QUIZ NIGHT

Saturday 31 October 2015, 7:00pm for a 7:30pm start

$15.00 per Adult, $10 per Child/Student
Wyatt Hall, Pulteney Grammar School

tickets available at http://www.trybooking.com/DTRV

All funds from the night will go towards supporting our rowers with new equipment

BRING YOUR OWN DRINKS, GLASSES, NIBBLES, GOLD COINS FOR GAMES/RAFFLES AND...
JOIN IN THE FUN!