From the Principal

“The greatest achievement of the human spirit is to live up to one’s opportunities and to make the most of one’s resources” Marquis de Vauvenargues

Student Success

I extend my congratulations to Pulteney’s Senior Debating team who competed in the Open Division Grand Final on Saturday at Parliament House. Although they were narrowly defeated in a very close debate that divided the adjudicators, each of the debaters, Lukas Price, Matthew Hume and Henry Saxon, showed exceptional skills in their delivery, rebuttal and composure to debate the negative argument for the topic “That military intervention in Syria is bad”. I thank the team’s coach, Ms Joanna Doumanis, for her excellent guidance and also Mr Justin Putland for coordinating Debating at Pulteney throughout the year.

Last week, all students in Year 9 pursued independent and collaborative enquiry during City Week. I was so proud of the way in which our students conducted themselves in the city precinct and were fully engaged in their research. I received wonderful feedback from a member of our School’s wider community who had been assisting a group of students with their enquiries into disability access; Mrs Kennedy said it was a pleasure to have been interviewed by such articulate, considerate and engaging young people. As I write this, the students are in the final stages of pulling all of the strands of their week-long investigations into their final presentations for the City Week Expo, held on Wednesday evening.

Staff Success

Jarrod Johnson, Assistant Head of Middle School, is to be congratulated on being awarded a “Dedicated to the dedicated” Award sponsored by NGS Super. The scholarship is worth $5000 and recognises Jarrod’s innovative efforts in developing and delivering an ICT curriculum at Pulteney focusing on teaching students to code.

As Term Three draws to a close, I thank all of the students and staff for such a productive term. I also encourage the Year 12 students to plan and implement a clear revision strategy to support their final push in their studies to achieve their academic goals.

Anne Dunstan,
Principal

To comment on this article use this link to go directly to the Principal’s Blog: http://www.pulteneysa.edu.au/our-school/principals-message/principals-blog/
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,
T&Cs apply, please refer to www.pulteney.sa.edu.au/foundation/events/termsandconditions

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

What would you do with a spare $22,100 in 2016?

Maybe a bottle of Veuve Clicquot over dinner each night!

Click Here TO find out how
From the Board of Governors

As reported in last week’s edition, the Pulteney Board of Governors recently spent a weekend together considering the future strategic directions for the School.

We were joined by members of the School Executive on the Saturday and were equipped with the analysis of the strategic component of the survey which many parents, Old Scholars, staff and students had completed. The day focussed on discerning the Mission, values and strategic priorities of the School for the next few years. There had been some excellent work done by staff teams as input for Board consideration, and those teams will see their work in the final product when it is adopted.

Excellent presentations from the sub-school heads also informed the Board’s thinking. The sub-school heads identified the “big issues” for their part of the School, while reflecting on the directions for the school overall.

On the second day, the Board spent time considering its approach to a number of governance matters including board succession planning.

This theme continued at the ordinary meeting held in the week following, where a Board skills policy and matrix was ratified. The Board was pleased to note progress on defect rectification in the Centre for Senior Learning and the impending completion of works in the refurbishment of Allan Wheaton House. As part of its strategy to continue strong links with stakeholders, the Board resolved to invite representations from key groups to forthcoming Board meetings.

Tim Goodes,
Board Chair

Vale Daryl Stevens

The School Community will be saddened to learn of the passing this morning, of Old Scholar Daryl Stevens after a long battle with cancer. Daryl served in Vietnam and the Malaya Borneo conflict. A well known face in the Quad, he travelled to Adelaide from his home in Perth for the Founders Day and Remembrance Day services each year. Daryl has been a generous benefactor to the School archives.

Vale Daryl Stevens
“Frequent Father Points”

From the Deputy Principal

Much conversation centers around how busy life has become. Pressures of work, keeping fit, juggling day-to-day household chores, entertaining friends while also meeting the needs of family can feel, at times, overwhelming. With term four only a few weeks away and with shop windows and catalogues soon to proclaim that Christmas is only around the corner, I have often heard the comment that it appears things will start ‘winding up’ rather than ‘winding down’. A recently read article by Michael Grose reminded me of the importance of making time for family and in particular spending quality time with our children. My eldest son Spencer will turn 13 before Christmas, Seb is a boisterous 10 year old and Emilie is soon to turn 5. I plan to take on board Michael’s advice and hope his article also proves useful to you as you enjoy time with your precious families over the upcoming school holiday break.

Building Frequent Father Points

A good friend enthusiastically told me how he just spent a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He had some ‘dad time’ with his kids. Good on him!

He was doing some memory-building & relationship-building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing. I’ve been hearing this type of story a lot lately.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain to the kids, ‘Your dad’s very busy. He would love to see you play sport but he can’t make it.’ She’d keep him up-to-date with the children’s lives, as well. Blokes, it seems, are valuing the time they spend with their kids on their own. Or at least the dads I mix with are.

Spending time alone with kids is a great way to build confidence in dads. And the kids usually just love it. Mothers can play a role here by not getting in the way if their husband wants a little time alone with kids. (Most mums I meet welcome this!) Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling...the list goes on. It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connections with kids when you are not there! Don’t wait until adolescence. These relationships are best built in childhood, when kids just love their dad to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes- turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out. These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case may be.

So how are your (or your partner’s) frequent father points going? If they need some topping up then you can start by doing something together that they enjoy. Having a bit of fun together is the best place to start. And then start to block in time to spend with kids on a regular basis. One busy dad I know goes for a bike ride with his teenage daughter each Saturday morning, and then goes to watch the local footy with his son in the afternoon. This type of ritualised approach to relationship-building works well with many blokes.

Whatever method a dad uses, the key is to start spending time with your kids right now. As I well know, they grow up in a flash, and before you know it they have either moved out, or are busy getting on with their own lives.

There is little doubt that this term has been extremely productive with staff and students having already accomplished a great deal. I encourage parents to talk regularly with their children about their schooling so that you too can share in their amazing achievements and continue to foster open and positive lines of communication during these important school years.
From the Chaplain

Who Do People Say That I Am?

In last week’s chapel gospel reading Mark 8:27-35 Jesus makes known that he is ‘the Christ’ who will suffer, die and rise to new life. The point of this is challenging and difficult to fully comprehend. It has been labelled as scandalous by theologians. We should be shocked by what we hear; yet Jesus has been domesticated by us all.

So how do we engage with thinking deeply about who Jesus is? Who do we say Jesus is? And might this challenge what we say about who we are?

Firstly, Peter arrives somewhere significant when he states ‘You are the Messiah’. Yet, Peter clearly thinks of Jesus as being someone who will be a triumphant liberator in some pretty predictable sorts of ways. However, Jesus immediately adds confusion and distress by making startling predictions of suffering and death. And rounds it off with the bleak and cryptic call to discipleship that involves losing one’s life. Not what Peter had signed up for!

So far in Mark’s gospel this year there have been two narrative threads: growing affirmation of Jesus gifts as a teacher and healer on one hand and building tensions between Jesus and the ruling authorities on the other. So we get to know a Jesus who is identified as teacher, healer, and we are now getting a glimpse of what lies ahead. This more deeply reveals Jesus’ unique identity.

As followers of Jesus, the community that Mark is speaking to would have a shared memory that would have been painful and terrifying. With clarity of hindsight, this text reveals that Jesus did not go into the days ahead as a victim of imperial power. Jesus knew he was on a path that would have powerful people rise against him and his followers.

We do need to hold in our minds that Jesus was a radical. He was and is not someone who will blend in nicely with current political, economic and social norms.

This text can prompt us to ask explicit questions about our community and ourselves. We certainly need to temper the romanticized version of Jesus’ identity that has him as being gentle, meek and mild. Picking up one’s cross is not about accepting just any burden, it is about being prepared to put one’s own wellbeing on the line for the sake of others.

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

We know that the Christian faith begins with the faith of the earliest disciples and continues through the ages with the faith of people like us.

Jesus’ followers are ordinary people who open themselves to the capacity of being great believers because they are first great listeners who became truthful to themselves.

In order to be truthful
We must do more than speak the truth.
We must also hear the truth
We must also receive the truth.
We must also act upon the truth.
We must also search for the truth.

The difficult truth.
Within us and around us.
We must devote ourselves to the truth.
Otherwise we are dishonest
And our lives are mistaken.
God grant us the courage
To be truthful
Michael Leunig When I talk to you.

Magdalene Centre
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

Car Park – Art/Centre for Senior Learning
With effect from the beginning of Term 4, we are altering the use and availability of the car parking spaces behind the Centre for Senior Learning.

While we wait for the Public Trustee to repair the fence along the property at Symonds Place, it remains in a state of disrepair which continues to cause safety concerns. This is an area which is outside of our control, but impacts our ability to provide a safe environment.

In addition to the state of the fence, over the past few months we have experienced a number of instances where there are vehicles parked inappropriately, which block other users and seriously restricts access to the Centre for Senior Learning, Arts and Music. In addition to rendering us unable to accept deliveries, we have experienced an issue where emergency services could not enter the car park. As a result, we have assessed the suitability of the current parking arrangements.

To address the above concerns and allow us to ensure the safety of our students, staff and visitors, all of the spaces behind the Centre for Senior Learning will be Reserved from the beginning of Term 4.

After consideration of the above factors regarding appropriate use, we have allocated spaces on the following basis:

· Pulteney Owned Vehicles will occupy 2 spaces
· Permit parking for mobility challenged staff will be allocated 4 spaces.
· The final 3 spaces will be reserved for invited guests, invited presenters and emergency services.

Unfortunately, unless you fall into one of the above categories, we must restrict access to the car park.

We thank you for your understanding and cooperation. Any enquiries regarding this change should be directed to Garry Whitelock, Business Director.

Garry Whitelock,
Business Director
Wellbeing

Self-Control

There are many definitions for the term self-control. Some describe it as willpower, self-restraint / discipline, or conscientiousness. However you choose to describe it, the one defining factor is that it involves self-regulation.

There is great variability in the degree of self-control from one person to the next. Typically, adults demonstrate greater self-control than children. This is because self-control develops over the years, with the greatest development occurring between the ages of three and seven.

In the classroom, children need self-control to get along with their peers, to sustain attention and stay on task, to follow directions, stay motivated and control their natural impulses. Studies have shown that children with poor self-control and planning abilities are more likely to experience aggressive behaviour problems (Raaijmakers et al., 2008; Ellis et al., 2009). They are also more likely to experience anxiety and depression (Martel et al., 2007; Eisenberg et al., 2010) and become obese, smoke, or dependent upon alcohol or drugs (Sutin et al., 2011; Moffit et al., 2011).

But in the day and age when society is focused on instant gratification, how can we develop self-control in our own children?

I recently read an article by Gwen Dewar (2011-2014) in which a number of evidence based tips to improve self-control were discussed. Here are a few of her ideas:

1. **Create an environment where self-control is consistently rewarded** – studies have found that the willingness to exercise self-control will depend on the expected risks and benefits. If there is distrust that there will be a reward / payoff for exercising self-control, or the expected reward / payoff is meagre, then it is unlikely the child will exercise self-control.

2. **Have a break** – It takes a great deal of effort to exercise self-control all day long. If the child is going from one unpleasant activity to the next, then their self-control is likely to suffer. Giving your child a break is a great way to help them recharge.

3. **Adopt a growth mindset towards challenges and learning from failure** – studies show that if you praise children for general traits (e.g. you’re so smart!) it has a negative effect to their mindset. On the other hand, praising effort and encouraging children to adopt a different approach has a positive effect.

4. **Develop attention skills and improve working memory** – It is very common for children with self-control issues to have poor working memory skills. Working memory is the ability hold information in your mind and do something with it. There are many computer based games which children can practice their working memory skills.

5. **Play games to practice self-control** – games such as a ‘Simon Says’ are a great way for children to practice self-control by going against habit.

If you would like to learn more about what you can do to help improve your child’s self-control, then you may wish to visit:

http://www.parentingscience.com/teaching-self-control.html

Chris Clements,
Psychologist

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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

Pulteney Shop
Telephone: 8216 5538
Email address: pulteneyshop@pulteney.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 wishes the Pulteney Community a safe and happy holiday and looks forward to seeing you in Term 4.

Open Times For October 2015 School Holidays
Thursday 8/10/15 10.00am – 1.00pm
Friday 9/10/15 10.00am – 1.00pm

School resumes on Monday 12/10/15 at 8.30am.

Have a great holiday,

Jenny Hewitson,
Shop Manager

Senior Sport Notices

Results
Cricket
1st XI
PGS 8 – 207 (Dudley 59, Wills 45, Adams 35) defeated Downlands College (Pope 5-9)

Prep Sport Notices

Summer Sports
Basketball
Games commence week 1, Yr 4/5 boys, Monday Oct 12, Yr 6 boys, Tues Oct 13, Yr 4,5,6 girls
Wed Oct 14, Yr 3 boys and girls Thurs Oct 15. Check Pulteney website for match times.

Cricket
Games commence week 1, Yr 4/5 Modified on Friday Oct 16, Yr 4/5 hard ball, Yr 6 and Yr 6/7
Sat Oct 17
Tennis

Yr 3 and 4 tennis coaching Week 2, Monday Oct 19, Yr 5 and 6 tennis matches commence Fri Oct 16.

Softball

Games commence Sat Oct 17

2015 Pulteney Tennis Holiday Clinic

Pulteney Tennis Coaches are offering a 3-day Coaching Clinic during the September/October emphasis on fun and game-play; the clinic will provide a great way to improve your tennis. In addition, a once in a lifetime opportunity exists for selected players to be part of a special by Darren Cahill. Express your interest to Libby Sims for this special opportunity.

Coaching will be led by Tennis Australia Qualified coaches Libby Sims (Girls Tennis Marcus Wagstaff (Head Coach - Peak Performance Tennis).

KEY FEATURES:

- Fun drills and games
- MLC Tennis Hotshots for players 10 and under
- Technical and tactical analysis and correction
- Match play skills and competition
- Prizes and giveaways

Purchase a 3 day ticket for $135, or book daily for $50 a day.

To be held at the South Park Hockey & Tennis Centre, Greenhill Road

For any enquiries, contact organisers Libby Sims 0412 135 885 OR Marcus Wagstaff 0407 833 850
City Week Expo
Wyatt Hall

Wednesday September 23, 2015
6pm - 7pm
Please join us to congratulate the Year 9 students on their fantastic efforts.
Date: Saturday 17 October
Time: Registration 8.30am- Run starts at 9am
Place: Torrens Boat Shed
Course: Weir to Uni Footbridge
Entry Fee: $5
Prizes: Male & Female Junior Prize - 1 Lap
         Male & Female Senior Prize - 1 Lap & 2 Laps
Participants: Rowers, Mums, Dads, Families, Friends, Pets and the Pulteney community are welcome!

Breakfast, brunch and lunch will be available for purchase, organised by the committee of the Pulteney Boat Club

Contact Richard Sexton 0408 677 862
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

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

PRIZES FOR BEST DRESSED TEAM
ONE PRIZE FOR ADULT TABLE AND ONE PRIZE FOR STUDENT TABLE

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

GET YOUR CREW TOGETHER (TABLES OF 10) AND SHOW OFF YOUR TRIVIA PROWESS
Elite tennis coach and PGS father of Ben and Tahlia Cahill, Darren Cahill is a former professional tennis player from Adelaide. Darren is a highly successful tennis coach and guided Lleyton Hewitt to become the youngest ever ranked number one in the world. Darren also coached Andre Agassi who became the oldest player ever to be ranked world number one. PGS is honoured to have the expertise and worldly tennis knowledge and skill of Darren for our masters coaching session. Enrol quickly to reserve your place as numbers are limited. $50-00 for the morning session

Pulteney Tennis Holiday Clinic September/October 2015
Yrs R – 12
Pulteney Tennis Coaches are offering a 3-day Coaching Clinic during the September/October Holidays.

With an emphasis on fun and game-play, the clinic will provide a great way to improve your tennis skills with your friends.

SIGN UP NOW for what is sure to be a fun-filled week of tennis!

TIMES: 9am – 12:00pm
VENUE: PGS Tennis Complex on Greenhill Road
COST: $135 (for 9hrs) or $50 per day

KEY FEATURES:
- Fun drills and games
- MLC Tennis Hotshots for players aged 10 and Under
- Technical and Tactical analysis and correction
- Match play skills and competition
- Prizes and giveaways

Coaching will be led by Tennis Australia Qualified coaches Libby Sims (Director of Girls Tennis) and Marcus Wagstaff (Head Coach - Peak Performance Tennis).
BOOKING IS EASY. Reserve and pay for your place using the Online Service “TRY BOOKING” on the Pulteney Home Page (http://www.trybooking.com/FRSA) Please complete the Registration Form below and return it to the Pulteney Front Office or to Libby Sims. Places are limited so book now and DON’T MISS OUT!

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*Players should bring a hat, drink, sunscreen, and a snack

**In case of inclement weather we have gym access. Any queries call Libby on 0412 135 885

ENQUIRIES:
Libby Sims 0412 135 885
Marcus Wagstaff 0407 833 850
RUN
JUMP
THROW
BE YOUR
BEST

Great fun for
3 – 17 year olds
- Modified program
  for 3-5 year olds
- Coaching for
  all children
- Come and
  try for free

Programs include:
- Running
- High jump
- Long jump
- Discus
- Shotput
- Javelin
- Hurdles

Fridays from 6pm. Cnr South Terrace & Peacock Road in the Adelaide parklands.
October - March

ADELAIDE EAGLES
LITTLE ATHLETICS
www.adelaideeagles.org.au
Synergy Handbell Ensemble is proud to be the host of the 2015 Australasian Handbell Festival. We are hosting 120+ ringers from around Australia, New Zealand and Asia. The three day festival includes workshops, massed ringing rehearsals and networking for the participants.

A unique feature of the Handbell Festival will be the performance of “massed ringing”, where all attendees will rehearse and perform under the one baton at a public performance, Festival Handbells in Concert, on Sunday 4 October at 2:00 pm.

This is a rare opportunity to see so many ringers performing together as this event has not been held in Adelaide since the late 1990's.

**Festival Handbells in Concert**

Venue: Robert Henshall Sports Centre, Pulteney Grammar School  
Address: 190 South Terrace, Adelaide  
Tickets: $10.00  
Time: 2:00 pm - Doors open 1:45 pm

To purchase tickets to the concert, please visit [http://www.hsafestival.com/](http://www.hsafestival.com/)

To join our Facebook Event page, please visit [https://www.facebook.com/events/151620605174707/](https://www.facebook.com/events/151620605174707/)
Falcons Flyer

Season 2015/16

Sturt Falcons Softball Club
Junior Registration/Come ‘n try

**When**  Sunday 23 August 2015  
**Time**    10am-12noon  
**Where**   Waite Oval, cnr Claremont Avenue and Fullarton  
            Road Netherby  

**What to bring**  Hat, drink bottle, glove, mouthguard  

**Age groups**  
U17 – born in 1999 or 2000  
U15 – born in 2001 or 2002  
U13 – born in 2003 or 2004  
U11 – born in 2005, 2006, 2007 but must turn 8 before they can play  

**Games**  
We compete in the Adelaide Competition with all games played on Saturdays at Barratt Reserve, West Beach at 12noon (except U15 at 2pm). Season commences 17 October.  

**Training**  
Pre-season training will continue on Sundays from 10-11am then move to Tuesdays from 6 October at 5-6pm. All trainings are at Waite Oval.  

**Contact**  
For more information please email sturtfalcons@gmail.com.  

Senior Registration will be held on Sunday 30 August from 10.30am-12.30pm at Waite Oval  
A, B, C & D grade