From the Principal

Remembrance Day

The Remembrance Day Service this week was a moving and significant event for our School community.

On Tuesday 11 November, we welcomed over 80 guests, including Old Scholars of both Pulteney and Queens, and their partners and family members who joined with students from Kurrajong to one ninety to honour all who have served our nation in conflict.

I extend my sincere thanks to Mark Bourchier and the Community Relations team who supported the following people to make the service and commemoration so special:

- Pulteney Old Scholars Craig Haydock; Lt. Colonel Jack Gregg, Deputy Commander 1 Brigade Adelaide
- Queen’s Old Scholars John Rischbieth and John Skipper.
- Pulteney Parent Colonel Susan Neuhaus CSC.
- Piper Old Scholar Phil Griffiths
- Soldiers of 7RAR, 1 Brigade Australian Army who provided the Catafalque party
- The School Chaplain, Rev. Michael Lane.
- Student musicians and choristers, led by Ms Annie Kwok and Mr Kym Wilson and including Pulteney Student Jake Atkinson playing the Last Post
• The 2016 Prefects and House Captains and Pulteney students who are members of the Army and Air Force Cadets who provided thoughtful assistance to all of our guests.

The crosses of remembrance laid out in front of the Nicholls building on South Terrace are a stark reminder of the impact war and conflict have had on our School. Today, I was both humbled and proud of the way in which our students and wider community members came together to acknowledge and respect those who have made such significant sacrifices.

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/

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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,
T&Cs apply, please refer to www.pulteneysa.edu.au/foundation/events/termsandconditions

Licence No: M12934

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

The Middle School is once again holding its Informal on Friday, November 20, from 7pm-9.30pm in Wyatt Hall. Letters have been sent to parents regarding this event.

To purchase a ticket students need to pass on their consent form and $10 to the Middle School Leaders who will be visiting Home Groups each morning.

We are expecting around 300 Middle School aged students from Pulteney and other Independent schools to attend.

Students are to arrive in smart casual clothes and we ask that parents use their discretion about appropriate clothing for both boys and girls.

There will also be a fundraising element to this year’s Informal with the profits going to the ‘Water for Women’ project. Funds will help provide for a much needed water tank. Information about this cause can be found at https://thewaterproject.org/.

The Middle School Leaders have planned the event and the recently appointed one ninety leaders have volunteered to be helpers on the evening.

Parent support of this event is always greatly appreciated. We are hopeful that many parents will ignore their child’s pleading (for their parents not to attend) and volunteer their time to help us out with supervision. Help is required for some or all of the 7-9.30pm time frame and includes outside supervision, distribution of drinks and snacks, hall monitoring and supervision of the cloakroom.

Any Middle School parents willing to offer supervision assistance at the Middle School Informal please contact Mr Jarrod Johnson by email jarrod.johnson@pulteney.sa.edu.au.

Year 6 to 7 Transition

Our Year 6 students moving to Year 7 in 2016 will be involved in a Transition Morning on Friday November 20. This will be an opportunity for the Year 6 students to become more familiar with the Middle School and the Year 7 teachers. On the Tuesday December 1, we are also planning a fun ‘Amazing Race’ transition event coordinated by the Year 6 and 7 teachers. These transition events aim to ensure students feel comfortable and well-prepared for 2016 and we hope that they will allay any fears that they may have.

All students and parents will be invited to another orientation session on January 28, the Thursday before the 2016 school year begins. On this morning parents and students will meet their teachers and be prepared for the first day. We aim to ensure that everyone is well informed and well prepared for the new school year.

Information regarding these events has been sent to families.

Year 9 to 10 Transition

On the morning of Tuesday December 1, a Year 9 to 10 transition morning is to be held. Our current Year 9 students will be welcomed to one ninety, and they will learn the expectations of the sub-school, as well as being provided with information to best prepare them for 2016.

Middle School Final Assembly – Year 9 ‘Moving On’

Parents of our current Year 9’s should all have received an invite to our Middle School Final assembly where we will be acknowledging the ‘moving on’ of our Year 9’s. There will be some speeches by our Year 9 leaders and each student will be presented with a small gift as we hand them over to the care of Mr Brice, Head of one ninety. This assembly is to be held on the morning of the last day of term, Friday December 4, in Wyatt Hall, beginning at 8.50am. Following the assembly Year 9 parents and students will be invited to join us for a morning tea.

Home Group merits and commendations are this year being presented at our Middle School final assembly. Parents of students receiving a merit or commendation will be notified and invited to attend.

For catering purposes could you please let us know if you are likely to attend this event by returning the reply slip that was sent home.

From the Head of Middle School
Year 7, 8 and 9 Activities Day

For the second to last day of the school term, Thursday December 3, Home Group teachers have planned fun activities for students to celebrate a busy, productive and successful year. Parents and students will soon receive information regarding the Activities Day plans.

Congratulations

It is always a pleasure to share the successes of students in the Middle School whether it is success in a school event or an outside of school activity.

William Mahoney (7MS) recently participated in the Adelaide 2015 Mini Maker Faire. He is to be congratulated, not just for his participation in this event, but for being one of four participants (and the youngest) to win a trophy. William won the ‘best backyard science’ award. His creations and inventions are obviously very impressive. Congratulations William.

Two of our year 9 students, Jessica Lock and Isabella Wilson, are to be congratulated for their efforts and enthusiasm as Cancer Council Youth Ambassadors. As part of their responsibilities as ambassadors they had to raise funds for cancer research and to raise awareness. They both did a great job and were acknowledged at a graduation ceremony last Friday. I certainly encourage students who would like to be a part of this program in 2016 to chat to Jessica and Isabella.

Thank You to our Middle School Leaders

Our Middle School leaders, Prefects and House Leaders, have done a great job this year. They recently supported our fundraising for CanTeen by selling bandannas to Kurrajong, Middle School and one ninety students and staff raising over $1000. Besides their regular duties they have run two whole school barbecues, helped out at the Kurrajong sports day, and have, and will be, involved in our orientation and transition programs and they are currently busy organising our Informal. I thank and congratulate them for their enthusiasm and willingness to help out and support the School. Later this term we will begin the selection process for our 2016 leaders.

Paul Ryan,
Head of Middle School

From the Chaplain

Living In God’s Kingdom: All Saints Day

What is meant by ‘God’s Kingdom’? How are saints relevant to today’s world?

The month of November begins with Halloween, All Saints and All Souls Day. These interconnected festivals are celebrated all over the world in many different ways. The Christian celebration has Celtic roots and includes some pagan traditions. All commemorate people who have died. Chapel last week took a moment to think about the relevance of All Saints Day.

All Saints began as a festival honouring Christian martyrs and All Souls is about remembering all dead people. The two are often merged and in some places it is part of a three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

That said, the New Testament refers to living people as saints. St Paul often writes ‘To God’s beloved … who are called to be saints’. In the Apostles Creed Christians profess a belief in
the ‘Communion of Saints’. This occurs between the profession of belief in ‘The Holy Spirit’ and ‘the resurrection and life everlasting’. Saints, the faith of those who go before us, is a central part of the Christian faith. Belief does not rely on any single aspect of faith.

All Saints is a day of great encouragement. There are times when we might think of saints as ‘out-of-this-world’ people who are far beyond our own experience or sense of goodness, both in time and culture. However it is important to remember all saints began life as ordinary people living life in faithfulness to Gospel Values, just like ourselves.

When we pray the Lord’s Prayer we say, “Your kingdom come, Your will be done on earth as in heaven”. The challenge of the prayer is to allow God to work in us to make it so. Saints are people who do just that. The saints we remember have helped make earth more heavenly by recognising that we can live in God’s kingdom right here and now.

The simple things we do are important:

- Our smile is a saintly smile
- Our gesture of kindness is a blessed kindness
- Our humility is Godlike.

This is God’s Kingdom on earth. Any act that brings love, peace, and justice is contributing to the building of God’s Kingdom here on earth.

Pulteney Christmas Services

St Peter’s Cathedral Carols Service Friday December 4, 7:00pm.

Community Choir rehearsal in The Chapel will start Week 6 (Beginning Monday 16 November). Kym Wilson will lead us. He can make Monday, Tuesday and Thursday, 8.00 and 8.30 am available to us. There is no need to attend all rehearsals. Consider coming to at least three, depending on your skill and confidence level. Let me know what day/s suit you best and we will plan from there.

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. Each year, the Magdalene Centre provides free Christmas food and toys to hundreds of disadvantaged individuals and families. Now is the perfect time to include those items we all enjoy at Christmas.
Food ideas

▪ Tinned ham and tuna
▪ Long life custard
▪ Coffee, milo and tea
▪ Cordial and fruit juice
▪ Canned vegetables
▪ Canned fruits
▪ Sweet treats and chocolates
▪ Breakfast cereals
▪ Long life milk
▪ Pasta and pasta sauces
▪ Spreads & jams
▪ Sweet and savoury biscuits
▪ Christmas cakes, fruit mince pies, puddings
▪ Dried pulses and beans

Gift Ideas

▪ Dolls
▪ Art and craft sets
▪ Board games
▪ Football, basketball or soccer balls
▪ Tennis set
▪ Cricket set
▪ Jewellery and accessories
▪ Lego kits
▪ Toy cars, planes, trains
▪ Construction sets
▪ Tea sets
▪ Books, CDs, DVDs
▪ Stationery
▪ Jigsaws

Many people are including mini toiletries. These are greatly appreciated, especially toothpaste. I know these are a great help and confidence booster to young homeless people getting ready for interviews.

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

Christmas Pageant Road Closure

It is that time of year again when the Credit Union Christmas Pageant comes to Pulteney. The pageant is set for Saturday 14th November.

For those who aren’t aware, since 1958 the pageant organisers have used Pulteney as the starting point and also parts of the school for storage and preparation on the Friday afternoon preceding the Pageant. The grounds in the Parklands adjacent to the school are also used to set up catering marquees to feed the large army of workers and performers before the big procession on Saturday morning.

As such commencing 3pm on Friday 13th November, road closures are put in place to allow the many and varied vehicles and floats access to the school and immediate surrounds of South Terrace. The parking lane plus one lane on the northern most carriageway of South Terrace from Symonds Place to the main entrance to the school will be closed to vehicles.

For those picking up children it is highly advised to avoid South Terrace completely and use the Gilles Street perimeter of the school at this time.

Thank you for your patience in this matter.

Chris Cartwright,
Property and Facilities Manager
Sports Success

Samantha Simons (year 10) - Basketball

The Pulteney community would like to congratulate Samantha Simons in year 10 for her selection in the Basketball Australia Centre of Excellence squad for the 2016 calendar year. Samantha has been selected following consultation with basketball Australia high performance managers and state coaches. She will spend 2016 living in Canberra while continuing her year 11 studies and training daily in the specialised program.

Samantha represented Australia as a member of the U/17 Sapphires team which competed in the Oceania Championships in New Zealand in August. She has also represented SA metro at the U/16 championships were her dominant performances resulted in All Australia selection. We wish Samantha all the best next year and the future.

Connor Dudley (year 11) - Cricket

Following Connor’s successful overseas trip to play cricket in England, he has continued his development by being selected to represent South Australia in the U/19 National Championship here in Adelaide from Monday the 30th November to Thursday 10 December 2015.

Connor’s selection in the U/19 squad is outstanding considering he is only 16 years of age. This year Connor also represented South Australia at the U17 level in the recent National carnival in Brisbane. Connor enjoyed a number of memorable innings which included 54 not out against Tasmania and 46 against the Australian Development Team. Connor scored a total of 365 runs with an average of 34.29 and a strike rate of 99.2. Connor has also starred with the bat for Pulteney in the recent 20/20 matches and will continue to be actively involved in our cricket program.

Lloyd Pope (year 10) - Cricket

Lloyd returned from representing South Australia in Darwin in the U/15 National Championships in June only to find that he had also been selected to represent SA again only three months later in the U17 National Championships, in Brisbane.

Leg spin or wrist spin is often considered to be one of the hardest skills of cricket to master but this hasn’t deterred Lloyd from giving his best and being rewarded recently with multiple State Cricket team selections for SA.

Lloyd was the most economical of the SA bowlers during the Nationals and says “wickets were hard to come by but it was a great experience to play as an U17 Redback and compete with and against some of the best U/17 boys in Australia and know that I can match it with them and make a positive contribution for SA ”. Lloyd has also positively represented Pulteney in the 20/20 competition this term and played his first 2 day game for Pulteney last week.

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

Open Times for Term 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Monday</td>
<td>3.00pm – 4.30pm</td>
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<tr>
<td>Wednesday</td>
<td>12.30pm – 4.30pm</td>
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<tr>
<td>Friday</td>
<td>8.00am – 11.30am</td>
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Students going from ELC into Reception are asked to come into the Pulteney shop to get fitted for their summer uniform for 2016. We will make sure that we allow enough room for growth over the holiday period.

Female students going from Year 2 into Year 3 are asked to come into the shop to be fitted for their Prep School uniform for 2016. Male students are still in their current uniform.

Male students in Year 6 are asked to come into the Pulteney Shop to be fitted for their Year 7 uniform. Female students are still in their current uniform. All of these students require a house polo top for 2016.

Male and female students in Year 9 going into one ninety are asked to come into the shop to be fitted for their uniform for 2016.

Thanking you in anticipation.

Jenny Hewitson,
Shop Manager

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Senior Sport Notices

Results

Cricket

1st XI

Friday 6 November

Twenty20

PGS 134/8 – Sukumaran 38, Dudley 22, Adams 21, Miller 17

Tied with Blackfriars 134/6 – Dudley 2 for 21, Bourchier 2 for 30

Result of Bowl Off – BPS 2 v PGS 1

Having won the toss, skipper Dudley had no hesitation in taking first use, in spite of the rain during the week bringing considerable sideways movement early in the innings. He and Adams ventured out and a bright start was made with 25 posted in 3 overs before Dudley mistimed and the ball was taken in the outfield by a joyful opponent who fully understood what they had just saved themselves from. Wills came and went without addition and Bourchier followed in similar fashion before Sukumaran joined Adams for a breakout performance. Playing true cricket strokes, Sukumaran drove the ball hard, despatched the bad balls and generally made life look quite easy, somewhat confounding the profligate nature of previous dismissals. Whilst lacking the histrionics of a Dudley masterpiece, it was nevertheless a good response under pressure from the Navy Blues. This was given even greater impetus, when tight bowling saw the Hounds slump to 3 for 19 in the 4th over. From here however, the Blackfriars’ batters asserted control, aided by a lack of control both in lines and lengths and the ability to stop the
moving ball by the fielders, as a result, the opposition never lost hope, and were always just behind in the run rate. Dudley wrought the changes, but ultimately with 11 required from the last over, Bourchier was thrown the ball for the last time as a Pulteney Grammar cricketer. Tension mounted as a wicket fell and 9 were need from the final two deliveries. Unfortunately, the slips through cover were not stopped, and two boundaries tied the scores, requiring a bowl off. An entirely unsatisfactory way to decide a cricket match, but after 6 attempts each, Blackfriars hit the stumps twice and Pulteney could only manage it once, meaning that they had snatched victory from the jaws of defeat.

**Saturday 7 November Day 2 of 2**

**PGS** 7 dec./124 van den Munckhof 38, Pope 30 Adams 28, and 53

Lost outright to Westminster 6/342

Resuming at our overnight score of 1 for 38, we were quickly reduced to 4 for 45 with the loss of Wills, Sipek and Adams, then Wilson soon after to be reeling at 5 for 61. However, van den Munckhof and Pope were not done and what transpired was a resolute defence that saw a 75 minute vigil that made a mockery of the demons previously alluded to with the procession of wickets to fast straight deliveries that require some watching and positive intent to defend. This was the modus operandi of the successful partnership which soon blossomed into a 50 run union and drew some looks of concern from our opponents used to cheap wicket taking. With the loss of van den Munckhof for a break out 38 and then Pope, meant that we were closing in on tea at 6 for 120. At tea, coaches Dolman and Scott conspired to bring some meaning to the final two hours of play, so Pulteney declared, Westminster did likewise at 0 for 0 to leave Pulteney the remaining time to chase down the 219 runs required for outright victory. Unfortunately the team was smashed out for 53 in a disappointing performance.

**Year 8/9**

**Pulteney** 8/92 (Seth Dolphin 26, Callum Rowett 18) lost to Pembroke 7/126 (Seth Dolphin 3/19).

After restricting Pembroke to 0/26 after 10 overs, the opposition batsmen took control and set us an imposing target of 126. Seth Dolphin bowled impressively and deserved his three wickets. Unfortunately we lost early wickets to poor shot selection and an untimely run out. Callum Rowett continues to develop as a top order batsman and Seth Dolphin again displayed his all-round skills. We were ultimately defeated by 34 runs by a slightly better team, but we were far from disgraced.

**Boys Volleyball**

**First VI** 2 defeated Saint Pauls 1

25:20
18:25
25:15

**Middle (Year 9)** 1 defeated by Scotch College 2

20:25
18:25
15:12

**Middle (Year 8)** 1 defeated by Immanuel 2
Middle (7 Navy) 2 defeated Scotch College 1
20:25
25:22
15:8

Middle (7 White) defeated Cabra 2
15:25
16:25

Girls Volleyball
Senior A 2 defeated Wilderness 1
21:25
25:18
25:19

Senior B 2 defeated Wilderness 1
17:25
25:18
25:19

Middle Navy 2 defeated Wilderness 1
17:25
25:22
25:20

Middle White 2 defeated Wilderness 1
15:25
25:21
25:16

Girls Basketball
Middles A's were defeated by Concordia 38-22.
The girls showed good fight and, when we maintained our structure, we looked good.

Middle B's were defeated by Concordia 41-19.
Again, when we kept our structure we looked good. The girls just need to work on their confidence to take shots when open, and also to box out the opposition.
Boys Tennis

year 7’s

Pulteney 9 (sets) 42 (games) defeated St Pauls 0 (sets) 1 (game)

Results for Pulteney (year 7’s) A1:

Pulteney 8 (sets) 42 (games) defeated St Pauls 1 (set) 9 (games)

Girls Tennis

Premier Open A league Match Monday 9/11/15 cancelled due to IGSSA hot weather policy

Open B PGS 1/18 lost to Wilderness 5/35
Open C PGS 1/11 lost to Wilderness 5/31
Open D PGS 2/20 lost to Wilderness 4/32
Open E PGS 0/5 lost to Wilderness 6/36
Open F PGS 2/20 lost to Wilderness 4/29
Intro A PGS 2/13 lost to Wilderness 4/27
Intro B PGS 1/13 lost to Wilderness 5/35

Softball

A’s defeated Concordia 16 - 9
A’s defeated Mercedes 17 - 9
B’s lost to Geeson 15 - 12

Rowing

The Pulteney Boat Club was out in force at West Lakes for the first of the Schools Super Series Regattas on Saturday. There are four SSS regattas scheduled for the season, points being awarded toward a premiership crew and school.

On a perfect day for racing the junior girls pushed out first followed by the boys who were on their maiden voyage at West Lakes! The girls raced solidly, finishing narrowly behind Seymour at the back of the field finding themselves in the B final later in the day. The junior boys were strong, posting the third fastest time for their heat, returning to the beach with broad smiles but also relegated to the B final. The intermediate girls crew included two first timers with Emelia Molony and Kate Chapman both of whom showed great composure in their heat while the intermediate boys cruised through their heat and into the A final.

Senior girls were again strong, finishing second behind Murray Bridge in both rounds of First Four and, while well back in the field, the boys four fought hard and will be ramping up training to stay in touch with the field. The First Eight again gave a hint of what might be to come, finishing a strong third in both rounds but with potential to go further under the guidance of coaches Szuster and Mader.

This weekend is the ‘Round the Island’ time trial which involves senior and intermediate crews only. Next weekend (21 November), racing is back to West Lakes for the Pulteney hosted regatta. We urge the School community to come along, enjoy an egg and bacon roll and cheer on the Navy Blue!
Results – Super Series Regatta 7 November, 2015

Schoolgirl Yr8/9A Coxed Quad (Heat 1) – 6th: B Final – 3rd
Schoolboy Yr8/9A Coxed Quad (Heat 1) – 3rd: B Final – 2nd
Schoolgirl Yr9/10A Coxed Quad (Heat 2) – 5th: B Final – 2nd
Schoolboy Yr9/10B Coxed Quad (Round 2) – 3rd
Schoolboy Yr9/10A Coxed Quad (Heat 2) – 3rd: A Final – 6th
Schoolgirl 1st Four (Round 1) – 2nd: (Round 2) – 2nd
Schoolboy 1st Four (Round 1) – 6th: (Round 2) – 5th
Schoolboy 1st Eight (Round 1) – 3rd: (Round 2) – 3rd

Prep Sport Notices

U13 state development squad

Ereni Vithoulkas, Yr 6, has again been selected for the U13 state development squad for soccer in 2016 (also known as the girls skilleroos team). It will be another intense year of training for her (pre-season training starts this week!) We congratulate Ereni on her achievement and wish her well in the coming year.

Equestrian

Courtney Munro, Yr 6, has been selected as a finalist for the Equestrian SA Youth Development Scholarship. This scholarship is for 12-21 year olds. Courtney will attend a weekend of coaching from an International eventing coach from Germany. We congratulate Courtney and wish her well in her equestrian pursuits.

Results

Tennis
B1 lost to Pembroke 0-9
B3 lost to St Andrews 2-7

Cricket
Yr 4/5 Hard Ball PGS 3/74 lost to St Ignatius 8/77
Yr 6 PGS 8/78 lost to Pembroke 4/93

Softball
Yr 4/5 lost to Westbourne Park 12-18
Yr 5/6 defeated Mercedes 9-4
Basketball
Yr 4 Boys Blue lost to Black Forest 11-30
Yr 5 Boys Gold lost to Westbourne Park 12-14
Yr 4 Girls Blue lost to Tenison 10-26
Yr 4 Girls White defeated PGS Navy 24-12
Yr 4 Girls Gold lost to Loreto 16-34
Yr 6 Girls Red lost to Black Forest 10-70
Yr 6 Girls Black lost to Cabra 10-20
Yr 3 Boys Gold defeated Blackfriars 19-3
Yr 3 Boys Navy defeated St Anthonys 34-18
Yr 3 Girls Blue lost to St Johns 2-20
Yr 3 Girls White lost to Goodwood 6-14
Kurrajong & Prep Art Exhibition

27th November
Open 8:00 – 10:00 am & 2:30 – 5:00pm
Official Opening at 4:00pm
Corner Symonds and Gilles st
Christmas Cherries
Pulteney Grammar School
USA Basketball Tour Fundraiser
Premium quality South Australian Cherries

2kg boxes - $30 per box
Purchase via trybooking link below
Pick-up Thursday 3rd December
3:00-5:00pm from the PE Sports Office
Any questions please contact Nik Sacoutis
nik.sacoutis@pulteney.sa.edu.au

http://www.trybooking.com/JQZO
Do you want to get fit?
Feel healthy?
Perhaps lose some weight?

And do it all in a welcoming and friendly environment where you will feel at ease?

Feel free to come into our new gym – Pulteney Fit - and see Jack Cahill.

He can devise a fitness plan that will help you to achieve your goals, whatever they may be!

Don’t worry about your fitness level, all are welcome.
Come in and grab a Membership form from the gym, or from Reception and get started!

Feel free to contact Jack on 0438 878 400 or pulteneyfit@gmail.com

Opening Hours:
Mon to Fri 6 to 9.30am and 3.30 to 7.00pm
Saturday Group Session 7.30 to 8.30am

Mon, Wed and Fri lunch times for Yr 10, 11 and 12 students
(signing in is required, please see Jack)