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Time flies faster than a v

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platforms that were designed for connectivity can sometimes also lead to feelings of isolation, comparison and unrealistic expectations.

Haidt highlights that social media constructs such as Likes, Comments, and Followers can become measures of self worth, creating a strong need for external validation and approval, which can lead to contribute to anxiety and self doubt. These constructs, together with online bullying, criticism and exclusion, can have significant detrimental effects on mental health, leading to increased stress and anxiety.

The good news is that Haidt provides parents and educators with age appropriate strategies, where he emphasises the importance of fostering resilience, managing stress and promoting a balanced approach to the online world challenges. By understanding the challenges that our girls face with social media pressures, we can further educate and empower girls to navigate the online world in a healthy and positive way to enhance wellbeing and create a sense of hope.

Haidt proposes four changes that he believes can break what he calls 'collective action traps':

- no smartphones before high school
- no social media before the age of 16
- phone free schools
- increased amounts of independent play and responsibility in the real world

The emphasis on 'free play' is of great importance as it helps enhance resilience, and builds independence and creativity, amongst other essential skills.

One of the many strategies that Haidt recommends for parents to support their daughters is one that we as a school often advise for parents. This is to ensure that you have effective channels of communication at home, where your daughter is encouraged and feels

safe to express her thoughts, worries and emotions without judgment. This validating communication process fosters trust and resilience and provides a way for girls to talk to their parents and tell them when/if there is an issue, no matter how big or bad this issue may be. This is essential.

Helpful resources

I would encourage all parents to read and/or visit the following:

- Susan McLean's book, [The Connected Child](#)
- Jonathon Haidt's book, [The Happiness Advantage](#)
- Cybersmart material on the [Cybersmart website](#).
- The [Common Sense Media](#) website
- [Common Sense Media](#) website
- Susan's website [Susan's website](#)
- [The world's first lockable charging station](#)

Susan is not affiliated with inchargebox, but she highly recommends the product to store devices overnight. If you use the code 'SUSAN' you will be granted a 20% discount.

Abbotsleigh's [School TV site](#) for a plethora of helpful article on cyber issues as well as many other parenting topics.

We know that the internet is a wonderful tool and these benefits can be maximised by helping young people to use it safely, respectfully, and appropriately.

Please remember we are here to support you on this journey.

Chaplain



Rev Sarah Hobba
Senior Chaplain and Head of Christian Studies

Every day our girls come to school with a uniform that displays our crest and school motto, but they can easily be overlooked. Sometimes, things need to be drawn to our attention and explained to understand their symbolism and meaning.

Junior School chapels this term have been focusing on 'All things Abbotsleigh' and the Christian meaning of many aspects of our Abbotsleigh life as part of the Junior School's 70th birthday celebrations. For example, our crest has a lion to represent strength in God, sh as the symbol of Christianity and lilies as symbols of purity. Another example is our motto. Originally found in Job 7:6, in the context of Abbotsleigh it reminds us that time goes quickly and symbolises the tapestry of the life we weave.

This week, our guest speaker, Clare Wimble, talked about the partnership between Abbotsleigh and CRU

since 1931. She reflected on Philippians Chapter 1, and the collaboration that the apostle Paul had with the church people in Philippi, paralleling it to the connection between Abbotsleigh and CRU. We look forward to more in this series about the School Lesson and Hymn and many other aspects that underpin our school and how they direct us to the message of Jesus' life, death and resurrection for us.

Every time I think of you, I thank my God. And whenever I mention you in my prayers, it makes me happy. This is because you have taken part with me in

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Wear it Yellow cake stall	Wednesday 29 May 1-1.30 pm	Junior School
☞	Wednesday 29 May 3.20-4.30 pm	Junior School
☞	Thursday 30 May 7-8.15 am	Junior School
☞	Thursday 30 May 10.50 am-1.30 pm	Junior School
☞ ☞	Thursday 30 May 3.20-4.30 pm	Junior School
☞	Friday 31 May 9-9.30 am	Auditorium
☞	Friday 31 May 11.20-11.50 am	Year 6 Classrooms
☞	Friday 31 May 3.30-5.30 pm	Everett Hall
☞	Friday 31 May 5-8 pm	Venue TBC
☞ ☞	Saturday 1 June 8 am-12 noon	<u>See Parent app</u> for team sheets and venues
☞	Saturday 1 June 2-4.30 pm	Everett Hall
☞	Monday 3 June 3.20-4.30 pm	Junior School
☞	Tuesday 4 June 7.15-8 am	Junior School
☞	Wednesday 5 June 8.30-10.30 am	Auditorium
☞	Wednesday 5 June 10.50 am-12.20 pm	Auditorium
☞	Wednesday 5 June 3.20-4.30 pm	Junior School
☞	Wednesday 5 June 6-7 pm	Zoom
☞	Thursday 6 June 8.30 am-3 pm	Sydney International Equestrian Centre, Horsley Park
☞ ☞	Thursday 6 June 3.20-4.30 pm	Junior School

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•’— ’~‘—•œ „‘œ™„•	Thursday 6 June 8.30 am-3.30 pm	Sydney International Equestrian Centre, Horsley Park
(„...’—— š^^ž^‘‡	Friday 7 to Sunday 9 June	
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