

# lion's roar

TERM 4 • 13 NOVEMBER 2015 • VOLUME 253



## From The Principal

*Mrs Nicola Taylor*

In a year of many firsts as Principal of PLC Armidale, the Annual Sports Dinner last Friday evening was a highlight. Parents, staff, coaches and students gathered to reflect on the highlights of the various sporting teams and competition results attained throughout the year. Sports represented included Athletics, Basketball, Canoeing/Kayaking, Cross Country, Equestrian, Gymnastics, Hockey, Indoor Hockey, Netball, Soccer, Softball, Touch Football highlighting the diversity and range of sports of PLC Armidale students participate in the sporting arena, even more impressive when considering that sport is not a compulsory activity at the College.

At the dinner, Sports Coordinator, Mr Jason Browne, gave some background context to jockey Michelle Payne's triumph in the Melbourne Cup earlier in the week. Michelle, the youngest of ten children had faced significant challenge and personal adversity in her quest to become the first female jockey to win the Cup. Michelle's mother died when she was only six months old, she lost an older sister,

also a jockey, several years ago with Michelle having to rebuild her career after a serious fall resulted in a broken back. In a press interview Michelle commented on how hard it has been for her to compete in a male dominated sport but was thankful for the support and encouragement of her close knit family.

The Alliance of Girls' Schools Australasia has compiled some very compelling research evidence highlighting the benefit to girls of single gender physical education and sport programs. A study undertaken in 2011 found that when comparing physical competence, enjoyment and effort in PE Classes, female students in "same-sex classes had notably higher scores in perceived physical competence, enjoyment and effort than females in coeducational classes, who had the lowest competence, enjoyment and effort perceptions" (p.255). The researchers concluded that "in terms of the educational benefits, same-sex classes may be the better teaching environment in adolescent physical education, particularly for girls" (p.257). In a time when engagement in

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physical activity and sport programs is generally in a decline for girls, programs and opportunities just for girls seems to turn this around. The girls-only environment provides a freedom and builds a confidence to be involved, have a go, celebrate participation and sportsmanship as well as wins along the way. This was certainly evident at the 2015 PLC Armidale Sports Dinner.

# calendar OF events

14 TO 27  
NOVEMBER  
2015

Year 10 Celebration Dinner	14/11/2015
Year 10 Coffs Harbour Excursion	17-20/11/2015
Northern Schools Competition	18-19/11/2015
Year 2 to Thalgarrah Environmental Education Centre	18/11/2015
Pre K to Year 6 - Presentation Evening	19/11/2015
Year 5 Excursion to Uralla	20/11/2015
Activities Week	23-27/11/2015
String Soiree	23/11/2015
Year 6 Dinner	26/11/2015



## Senior School Notes

Jo Matherson, Senior School Coordinator

### Pockets

Pockets are awarded as part of the Senior School's final assembly awards. They are awarded for Academic Achievement, Creative Arts, Music, Social Service or Sport and, according to the level of achievement, are Blue (100 points), Silver (150 points) or Gold (200 points or more or outright). Points are counted for events that occurred in Term 4 2014 until the end of Term 3 2015. Forms outlining the criteria and point scale can be downloaded from the PLC Armidale website, under Current Families, Pockets or at the URL <http://www.plcarmidale.nsw.edu.au/current-families/pockets/>. Alternatively, girls can collect a printed form from Reception.

Completed forms are due in by 3:30pm, Thursday 19 November at Reception. Please ensure the endorsement section is complete. If an event is endorsed by a non-PLC Armidale staff member, please provide the name and contact details of the person endorsing the activity. Year 10 girls will need to hand their applications in before they go on their excursion to Coffs Harbour. Please ask your daughter to see Mr Pavel (Music, Creative Arts), Mr Browne (Sport), Mr Donaldson (Academic Achievement), Miss Leahy (Social Service) or Mrs Matherson (generally) if they need any help.

## End of Year Activities

The end of year activities is fast approaching and to help with your organisation, below is an outline of the program for the final two weeks of Term 4 for all students.

## WEEK 8 TERM 4

Monday 23 November – Friday 27 November	
<b>Session 1</b>	<ul style="list-style-type: none"> <li>Junior School Community Service (K – Year 5)</li> <li>Senior School Life Saving (Year 6 – Year 11)</li> </ul>
<b>Recess</b>	
<b>Session 2</b>	<ul style="list-style-type: none"> <li>Junior School Swimming (K – Year 5)</li> <li>Senior School Social Service (Year 6 – Year 10)</li> <li>Intensive Study Session (Year 11)</li> </ul>
<b>Lunch</b>	
<b>Session 3</b>	<ul style="list-style-type: none"> <li>Guild Drama Rehearsal (K – Year 11)</li> </ul>

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The Principal of PLC Armidale  
requests the pleasure  
of your company at the

## Service of Nine Lessons & Carols

Tuesday, 1 December 2015  
6.00pm

St Mary & St Joseph's Cathedral  
Dangar Street, Armidale

## Speech Day

Wednesday, 2 December 2015  
9.00am

Astra Arts Centre  
PLC Armidale

Guest Speaker - former PLC Armidale Student  
Rhiannon Rees (1985)  
Author and Business Coach

## Guild Drama

Thursday, 3 December 2015  
12.15pm

Dorothy Knox Centre  
PLC Armidale

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**WEEK 9 TERM 4**

<b>Monday 30 November</b>	
<b>Session 1</b>	<ul style="list-style-type: none"> <li>Junior School Community Service</li> <li>Senior School Life Saving (including Year 6)</li> </ul>
<b>Recess</b>	
<b>Session 2</b>	<ul style="list-style-type: none"> <li>Junior School Swimming (K – Year 5)</li> <li>Junior School Swimming Social Service group (some Year 10 Students)</li> <li>Senior School Choir to perform at TAS Carol Service</li> <li>Guild Drama Rehearsal (remaining students)</li> </ul>
<b>Lunch</b>	
<b>Session 3</b>	<ul style="list-style-type: none"> <li>Guild Drama Rehearsal</li> </ul>
<b>After School</b> <b>3.30pm – 5.00pm</b>	<ul style="list-style-type: none"> <li>Senior Choir Rehearsal at the Catholic Cathedral</li> <li>Transport provided to the venue.</li> <li>Please collect your daughter from the Cathedral at 5:00pm</li> </ul>
<b>Tuesday 1 December</b>	
<b>Session 1</b>	<ul style="list-style-type: none"> <li>K-2 Activity</li> <li>3-6 Choir Rehearsal at Catholic Cathedral</li> <li>Final Assembly (Senior School Students)</li> </ul>
<b>Recess</b>	
<b>Session 2</b>	<ul style="list-style-type: none"> <li>Santa Claus appearance in the Junior School</li> <li>Class Parties and Clean-up</li> </ul>
<b>Lunch</b>	
<b>Session 3</b>	<ul style="list-style-type: none"> <li>Speech Day Rehearsal – Prize winners and performance group 2:00pm - 2:30pm</li> <li>Guild Drama Rehearsal</li> </ul>
<b>After School</b>	<ul style="list-style-type: none"> <li>Service of Nine Lessons and Carols 6:00pm.</li> <li>Years 3-6 and Senior School Choir to arrive at the Catholic Cathedral at 5:15pm.</li> <li>All other students to arrive at 5:45pm.</li> </ul>
<b>Wednesday 2 December</b>	
<b>Session 1</b>	<ul style="list-style-type: none"> <li>K-6 Activity</li> <li>Years 7 – 11 students arrive at PLC at 8:45am</li> <li>Speech Day commences at 9:00am</li> </ul>
<b>Recess</b>	<ul style="list-style-type: none"> <li>Morning Tea for Guests and Students (Years 7-11) provided on the lawns outside the Dining Room</li> </ul>
<b>Session 2</b>	<ul style="list-style-type: none"> <li>Guild Drama Rehearsal</li> </ul>
<b>Lunch</b>	
<b>Session 3</b>	<ul style="list-style-type: none"> <li>Guild Drama Rehearsal</li> </ul>
<b>Thursday 3 December</b>	
<b>Session 1</b>	<ul style="list-style-type: none"> <li>Guild Drama Rehearsal</li> </ul>
<b>Recess</b>	
<b>Session 2</b>	<ul style="list-style-type: none"> <li>Guild Drama Rehearsal</li> </ul>
<b>Lunch</b>	
<b>Session 3</b>	<ul style="list-style-type: none"> <li>Guild Drama commences at 12:15pm, in the following order             <ul style="list-style-type: none"> <li>Macquarie</li> <li>Forrest</li> <li>Gregory</li> <li>Wentworth</li> </ul> </li> </ul>

We hope your daughters enjoy the end of year activities. If you have any queries please do not hesitate to contact the school.



## Junior School News

*Ainslie Breckenridge, Head of Junior School*

Term 4 is flying by with lots of learning still to get through! I would encourage all parents to please keep an eye on the events timetable placed

in the Lion's Roar. We have a very excited K-2 group getting ready for their sleepover and movie night and all our girls are looking forward to the Junior School Presentation Evening on 19 November. Our little friends in particular, get very tired at this end of the term, so please encourage lots of sleep in the next few weeks.

This term I have begun each week with the girls based around discussing our key character strengths being studied in pastoral care then members of our FISH group pray for the Junior School.

This week we touched on the strengths and issues that we sometimes experience with friendships. Friendships can be wonderful experiences one day and can be challenging the next for our girls who are learning to navigate social issues. We discussed what friendships meant and more than one girl came up with the saying 'treat others as you would want to be treated'.

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This was refreshing to hear from the girls. They also discussed that friendships shift and turn over time but a true friend will always be there, even if they don't play with them on some days.

Our discussion then turned to what we do if our friendships are making us worried. All the girls agreed that the best course of action is to learn how to talk to each other about what is happening. I find that a lot of our girls take their worries home and hope that their parents will sort out issues for them. As much as we love our girls and want the best for them, I encourage you to help teach your daughters to navigate friendship issues, help them put strategies in place and act as a guide and model for them. This will allow the girls to tackle issues independently and will ultimately build up their resilience and problem solving skills. If you would like to discuss friendship strategies with me, please feel free to organise a meeting.



## *An Invitation to Guild Drama Morning Tea*

To all PLC Armidale Old Girls to catch up,  
reminisce and attend  
the 2015 Guild Drama performances.

**When:** Thursday 3 December 2015

**Where:** PLC Armidale  
Hospitality Centre and gardens

**Time:** 10.30am  
Guild Drama starts at 12.15pm

**Cost:** A donation to morning tea  
would be appreciated.

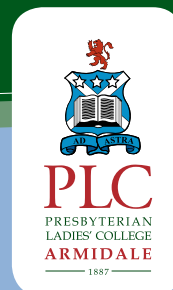
**RSVP:** Shona Eichorn on 6770 1733 or email  
development@plcarmidale.nsw.edu.au  
by Monday 30 November 2015

**NB:** Please wear a "touch" of your old  
Guild colour!

We also invite you to join us for PLC Carols in the  
St Mary's Catholic Cathedral  
at 6.00pm Tuesday 1 December 2015.



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## *Junior School Presentation Evening 2015*

PLC Armidale invites you to celebrate the  
achievements of our Junior School Stars  
at our Presentation Evening

**When:** Thursday 19 November 2015

**Time:** 6.00pm - 7.30pm

**Where:** Astra Arts Centre  
PLC Armidale



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## *presents our annual* **String Soiree**

The evening features the superb  
Junior School String players  
and Secondary String players.

Be entertained by solo and ensemble  
items with works from many countries  
and many great composers.

**When:** Monday 23 November 2015

**Time:** 6.00pm - 7.30pm  
Followed by drinks,  
cheese and biscuits

**Where:** Astra Arts Centre, PLC

**Tickets:** Available at the Door  
Adults - \$15  
Students/Concession - \$5



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## Music Notes

*Stuart Pavel, Director of Music*

Lucy Quast has been selected to sing in the Gondwana Voices of Angels National Childrens' Choir to perform in Sydney Festival Hall, Angel Place on 14 and 15 December. She has also been selected to join the Gondwana Voices Choir again in January 2016.

Jess Hughes has been selected as a reserve for the National Music Camp Young Symphonists Orchestra. Congratulations to both of these girls.



## String Soiree

*Deidre Rickards,  
Director of Strings*

Here we see two of the Double Bass players from the Senior String orchestra tuning-up, using their mobile phones and getting ready for our Tuesday morning rehearsal. (Our other Double Bassist is Anya Zuber. We think of her often and look forward to her return.) Meanwhile Georgia Breckenridge and Kiera Shaw are holding the line well and make a great contribution to our fabulous orchestra.

Please mark the date for the String Soiree into your diaries. We look forward to presenting our two String orchestras (Senior and Junior) as well as individual and chamber items. We have approximately 25 players in each group and it is always a musically significant occasion. We present great repertoire well and I think this is called music education. It's a privilege working with such dedicated students who readily engage and embrace the music of Bach, Elgar, Sculthorpe etc. It's also nice to enjoy drinks afterwards.

We have a few surprises during this evening. Some special guests will be joining us! We hope to see our supporters and friends.



## PLCA Serving the Community

*Jen Leahy, School Chaplain*

As we have for the last 7 years, students will be participating in Social Service activities around Armidale during Activities Week. The aim of this program is three-fold. Students will:

1. Appreciate service is intrinsic to our Christian ethos.
2. Practically extend themselves to serve others in the community.
3. Be encouraged to foster a lifelong involvement and commitment to service.

We have a range of organisations around Armidale that will be hosting us from Monday 23 November until Friday 27 November. Students will be in groups of 12-14 people from Year 6 to Year 10 and will be accompanied by a member of staff at each venue.

The program during Activities Week is as follows. For Session 1 (8:45am until 11:00am), students will travel by bus to the Monkton Aquatic Centre participating in the College's lifesaving program. Students will have morning tea at the pool and then travel on the correct bus to their social service for Session 2 (11:00am until 12:30pm). At the conclusion of Session 2, students will be taken back to PLC for lunch and Guild Drama during Session 3 (2:00pm until 3:30pm).

Students will need to bring with them: swimmers, towel, sunscreen, hat, morning tea (Boarders will need to collect a morning tea pack at breakfast), water, hair brush. All students (except those below) need to wear full uniform including white hat to and from school each day.

Junior School Lifesaving and Landcare – students are able to wear their green PE shorts, PE/Guild Shirt, joggers, hat and sunscreen to and from school each day.



## Boarding House News

*Freya Bartlett, Deputy Boarding House Captain*

The year is drawing to a close faster than you can say PLC Boarding! Girls are finishing their exams, Year 12 have officially left the boarding house community, summer sport is in full swing and Guild Drama is racing to the forefront of every girl's mind.

The girls in the Boarding House have participated in a bustle of activities and sports including basketball, dancing, swimming and lots more. On weekends the girls have been enjoying the summer sun by going down to the pool on weekend trips. The Boarding House is also happy to take all the girls to their various after school and weekend sporting endeavours!



On Tuesday, Wednesday, Friday and Sunday afternoons, talented Duty Mistress Paige Kranz offers assistance to all girls in the Boarding House for Mathematics, Chemistry and Physics. This is a wonderful opportunity as exams are currently ongoing for girls in Years 7-10 and Paige's tutoring

really does help improve marks! Many girls have used this opportunity to their advantage and quite enjoy the teaching she offers.

On Saturday 31 October several girls got to participate in the Saumarez Heritage Rose Garden Opening. The girls served



snacks and got to meet many people from the Armidale community and beyond, and even the Countess of Wilton. The girls also met with a past headmistress of PLC, Miss Catherine McLean, who graciously took a photo with us even in the pouring rain!



*L to R: Miss Catherine McLean, former Headmistress PLC Armidale (1963-1968) who donated the old roses for the Heritage Rose Garden, now located at Saumarez Homestead, which was officially launched last weekend, with Countess of Wilton, Sue Ebury, Patron of the Australian Garden History Society, with current Principal of PLC Armidale, Mrs Nicola Taylor.*

The Boarding House was also given the opportunity recently to go and watch the local production of Alice in Wonderland. We got to see our very own Darcy Campbell playing the skittery little mouse. Well done Darcy, it was a spectacular performance!

With Halloween just past us we want to thank Mrs Ball, Katie the chef and all the Boarding House staff for putting on such a great night. The food was fantastic and the atmosphere was spooky! We even got to eat little cupcakes in the shape of spiders, meringues made to look like ghosts and lots of lollies. Some girls dressed up a little too, it was great seeing everyone get into the spirit of Halloween.



To conclude, we are all really excited about the Harry Potter Event happening tonight. Every girl has received their individual invitation and some day girls have also been invited. The night will include a Quidditch game, a true Harry Potter style feast along with dancing and good old boarding house hospitality! We are looking forward to seeing every girl dress as characters from their house as we are giving away prizes for the best dressed!

To celebrate the fast approaching Christmas holidays there were many girls who flourished in creativity with Christmas craft for the Annual Boarders Christmas Dinner on Wednesday 2nd December. Mrs Ball graciously funded many different forms of craft for the girls to enjoy on the weekend, and so we did! Thanks again to all the staff and girls who made this another fantastic start, middle and end - coming soon - to the year!





## Development and Enrolments

*Shona Eichorn, Director of Development  
Sally McCook, Enrolments Manager*



### Our Alumni

If you ever wondered why you send your daughter to PLC Armidale, you only have to take a look at our graduates (or attend the Sports Dinner) to find the answer to that question (there are a few of their stories on our website, some who are parents and even a number on staff). They support the College in a number of ways and are currently discussing how they can provide even greater help. We have emailed an invitation to the Old Girls (those we have emails for) encouraging them to come along to a morning tea on Guild Drama day then stay and watch this year's performances, wearing, of course, a touch of their old guild colour in support. Should you know any PLC Armidale Old Girls please encourage them to join us on December 3 from 10.30am.

### Scholarships for 2016 & 2017

Applications open on December 1 for the Academic, Music and Visual Arts Scholarships for 2017. The examination date is Monday 22 February, 2016.

Applications are still being accepted for Round 4 of the All Rounder & Boarding Scholarships for 2016, with allocations being determined by the end of term. These Scholarships are for both current and future students. Please refer to the Ad included in this Lion's Roar. However, should you wish to know more details at this stage, please contact our friendly Enrolments Manager Sally McCook, on 6770 1727 or send an email.

### Special Bursary - 2016

A special bursary is currently available specifically for rural families (current or future) in 2016. Talk to us before November 30. Please contact our Business Manager, Rita Brissett for further details or email [businessmanager@plcarmidale.nsw.edu.au](mailto:businessmanager@plcarmidale.nsw.edu.au)

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### Kindergarten or Pre-Kinder Experiences

With only weeks remaining of the school year, there aren't many more opportunities to experience Kindergarten or Pre-Kinder for potential students considering enrolment in 2016. Should you know of any families with daughters interested in a PLC Education to establish a firm foundation for learning, please encourage them to contact Sally asap.

### Advocacy for PLC Armidale

As the long vacation period fast approaches, there will be lots of BBQs, time at the beach, by the pool or waiting in the Christmas shopping queues! So, lots of time and opportunities to share your stories about PLC Armidale with your family, friends and community. Anyone can place any number of Ads on roadside billboards, on the radio or in the glossy magazines, but the real promoters of what's happening at the College, are you our families. Thank you for all that each of you continue to do in spreading the word about how and why girls flourish at PLC Armidale.

*As always, if you hear a whisper of an enrolment enquiry, then shout loudly!*

### IGNITE . . .

We are 74% there! Thank you to all the generous purchasers of various elements on the PLC Armidale Periodic Table. There are still elements available, so please make sure you check in on our website sooner rather than later.

By all accounts the building project is ahead of schedule so watch this space for an update.



Your girls can

# flourish

at PLC Armidale



### SCHOLARSHIPS AVAILABLE

**2016 All Rounder & Boarding** - Apply NOW

**2017 Academic, Music & Visual Arts**

**Scholarships** - Applications OPEN December 1

**Special Bursary available for Rural families in 2016**

Talk to us before November 30.

ALL GIRLS PRE-KINDER TO YEAR 12.  
BOARDING FROM YEAR 5.

join us on facebook

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In alliance with **PLC SYDNEY**



1

H

Hydrogen

2

He

Helium

3

Li

Lithium

4

Be

Beryllium

11

Na

Sodium

12

Mg

Magnesium

19

K

Potassium

20

Ca

Calcium

21

Sc

Scandium

22

Ti

Titanium

23

V

Vanadium

24

Cr

Chromium

25

Mn

Manganese

26

Fe

Iron

27

Co

Cobalt

28

Ni

Nickel

29

Cu

Copper

30

Zn

Zinc

31

Ga

Gallium

32

Ge

Germanium

33

As

Arsenic

34

Se

Selenium

35

Br

Bromine

36

Kr

Krypton

37

Rb

Rubidium

38

Sr

Strontium

39

Y

Yttrium

40

Zr

Zirconium

41

Nb

Niobium

42

Mo

Molybdenum

43

Tc

Technetium

44

Ru

Ruthenium

45

Rh

Rhodium

46

Pd

Palladium

47

Ag

Silver

48

Cd

Cadmium

49

In

Indium

50

Sn

Tin

51

Sb

Antimony

52

Te

Tellurium

53

I

Iodine

54

Xe

Xenon

55

Cs

Cesium

56

Ba

Barium

57-71

72

Hf

Hafnium

73

Ta

Tantalum

74

W

Tungsten

75

Re

Rhenium

76

Os

Osmium

77

Ir

Iridium

78

Pt

Platinum

79

Au

Gold

80

Hg

Mercury

81

Tl

Thallium

82

Pb

Lead

83

Bi

Bismuth

84

Po

Polonium

85

At

Astatine

86

Rn

Radon

87

Fr

Francium

88

Ra

Radium

89-103

104

Rf

Rutherfordium

105

Db

Dubnium

106

Sg

Seaborgium

107

Bh

Bohrium

108

Hs

Hassium

109

Mt

Meitnerium

110

Ds

Darmstadtium

111

Rg

Roentgenium

112

Cn

Copernicium

113

Uut

Ununtrium

114

Fl

Flerovium

115

Uup

Ununpentium

116

Lv

Livermorium

117

Uus

Ununseptium

118

Uuo

Ununoctium

57

La

Lanthanum

58

Ce

Cerium

59

Pr

Praseodymium

60

Nd

Neodymium

61

Pm

Promethium

62

Sm

Samarium

63

Eu

Europium

64

Gd

Gadolinium

65

Tb

Terbium

66

Dy

Dysprosium

67

Ho

Holmium

68

Er

Erbium

69

Tm

Thulium

70

Yb

Ytterbium

71

Lu

Lutetium

89

Ac

Actinium

90

Th

Thorium

91

Pa

Protactinium

92

U

Uranium

93

Np

Neptunium

94

Pu

Plutonium

95

Am

Americium

96

Cm

Curium

97

Bk

Berkelium

98

Cf

Californium

99

Es

Einsteinium

100

Fm

Fermium

101

Md

Mendelevium

102

No

Nobelium

103

Lr

Lawrencium

119

?

name it

120

?

name it

create your own @ \$500 each

1

H

Hydrogen

2

He

Helium

3

Li

Lithium

4

Be

Beryllium

11

Na

Sodium

12

Mg

Magnesium

19

K

Potassium

20

Ca

Calcium

21

Sc

Scandium

22

Ti

Titanium

23

V

Vanadium

24

Cr

Chromium

25

Mn

Manganese

26

Fe

Iron

27

Co

Cobalt

28

Ni

Nickel

29

Cu

Copper

30

Zn

Zinc

31

Ga

Gallium

32

Ge

Germanium

33

As

Arsenic

34

Se

Selenium

35

Br

Bromine

36

Kr

Krypton

37

Rb

Rubidium

38

Sr

Strontium

39

Y

Yttrium

40

Zr

Zirconium

41

Nb

Niobium

42

Mo

Molybdenum

43

Tc

Technetium

44

Ru

Ruthenium

45

Rh

Rhodium

46

Pd

Palladium

47

Ag

Silver

48

Cd

Cadmium

49

In

Indium

50

Sn

Tin

51

Sb

Antimony

52

Te

Tellurium

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I

Iodine

54

Xe

Xenon

55

Cs

Cesium

56

Ba

Barium

57-71

72

Hf

Hafnium

73

Ta

Tantalum

74

W

Tungsten

75

Re

Rhenium

76

Os

Osmium

77

Ir

Iridium

78

Pt

Platinum

79

Au

Gold

80

Hg

Mercury

81

Tl

Thallium

82

Pb

Lead

83

Bi

Bismuth

84

Po

Polonium

85

At

Astatine

86

Rn

Radon

87

Fr

Francium

88

Ra

Radium

89-103

104

Rf

Rutherfordium

105

Db

Dubnium

106

Sg

Seaborgium

107

Bh

Bohrium

108

Hs

Hassium

109

Mt

Meitnerium

110

Ds

Darmstadtium

111

Rg

Roentgenium

112

Cn

Copernicium

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Uut

Ununtrium

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Fl

Flerovium

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Uup

Ununpentium

116

Lv

Livermorium

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Holmium

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Thorium

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Uranium

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Plutonium

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Americium

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Curium

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Bk

Berkelium

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Cf

Californium

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Einsteinium

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No

Nobelium

103

Lr

Lawrencium

119

?

name it

120

?

name it

create your own @ \$500 each

## PLC ARMIDALE SCIENCE LABS REFURBISHMENT CAMPAIGN

# Periodic Table Sale of Elements

### There are four different opportunities:

- Purchase at Auction on Launch Night:
  - Platinum
  - Gold
  - Silver
- Purchase the opportunity to Create Your Own Element
 

☐ 119
☐ 120
@ \$500 each
- Purchase any of the 'higher value' Elements @ \$500 each
 

☐ Hydrogen
 ☐ Argon
 ☐ Nitrogen

☐ Nickel
 ☐ Krypton
 ☐ Oxygen

☐ Mercury
 ☐ Xenon
 ☐ Fluorine

☐ Helium
 ☐ Radon

☐ Neon
 ☐ Carbon
- Purchase any of the other 102 Elements @ \$300 each

### You will receive:

- A tax deduction
- An acknowledgement\* of your kind donation on the following:
  - Interactive Periodic Table on the Science Campaign Web Page
  - Physical Donor Recognition Board to be erected at the Labs once refurbished
  - PLC Armidale publications.

(\* should you wish to remain anonymous, your privacy will be respected)

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## PLC Sports Dinner Awards and Recipients 2015

### **Lawton Trophy: Zoe Selby**

Recognises a student's dedication & consistent effort to PLC Netball.

### **Reeve Cup: Stephanie Goode**

Recognises a student's dedication & consistent effort to PLC Hockey.

### **Most outstanding individual achievement in sport: Sarah Askey**

Recognizes the highest achievement in sport outside the school's pathway.

### **Senior Sports Shield: Emma Ranck**

Acknowledges a student's all-round achievement and contribution to sport at PLC.

### **Year 7 Rookie Award: Kate Allen and Lily Neilson**

Acknowledges a Year 7 student's consistent performances across a wide variety of sports.

### **Spirit in Sport: Zoe Selby**

Acknowledges the all-round participation in a wide range of sporting areas at PLC whilst displaying a high level of sportsmanship & encouragement.

### **Tom Award: Eloise Lambell**

Recognises a student's loyalty, reliability, dependability, leadership, quiet persistence

### **Youman Shield: Eloise Lambell**

Acknowledges a student's dedication and commitment to training and the encouragement and development of team spirit in swimming.

### **Soccer - Mullen Award: Zoe Selby**

Players player, acknowledges the player who made the most effort throughout the year.

### **Service to Sport: Kim Taylor**

Invaluable contribution made by a student or parent/s to sport at PLC.

### **Supporter's Award: Paula & Stephen Goode**

Recognizes the interest displayed in PLC sport through attendance, support and encouragement at various sporting events.

### **Student Coach of the Year: Dakotah Love**

Acknowledges the time and effort applied by a student to develop skills of the younger members of PLC.

### **Senior Team of the year: PLC 1 Opens Hockey team**

Recognizes the most successful senior sporting team at PLC.

### **Most improved team of the year: PLC 2 Fire U16's Hockey Team**

### **Junior Sports Shield: Mackenzie Constable**

Acknowledges a Year 7-9 student's all-round achievement and contribution to sport at PLC.

### **Junior Sports Person of the Year: Sarah Askey**

Recognizes the individual achievement of a student in Years 7-9 in or outside of the schools pathway.

### **Junior Team of the Year: PLC 5 Netball Team**

Recognises the most successful sporting team in Years 7-9.

### **Years 7-9 Sportsmanship Award: Julia Chambers**

Junior student who goes to training, gives their best, turns up, doesn't give any 'grief' to the coach referee or other players and gives their all.

### **Years 10-12 Sportsmanship Award: Madeline Atkin**

Senior student who goes to training, gives their best, turns up, doesn't give any 'grief' to the coach referee or other players and gives their all.

# lion's roar

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## PLC Armidale students sporting achievements recognized at Annual Sports Awards

PLC Armidale hosted its Annual Sports Awards at the Armidale Bowling Club last Friday night. The diversity of sports participated in at the College and achievements attained were impressive: Netball, Hockey, Tennis, Indoor Hockey, Basketball, Touch, Gymnastics, Swimming, Athletics (including Cross Country), Equestrian and Soccer were all acknowledged.

Highest Sporting Honours on the night went to Year 9 student, Sarah Askey from Armidale, who was selected in the NSW Under 15 Indoor Hockey team and the Senior Sports Shield, which recognizes a student for all round achievement and contribution to sport at PLC Armidale which was awarded to Emma Ranck, also from Armidale.

A full list of awards is listed below as well as a list of all those who received special awards.

Recognition was also given to the ten Year 10 and 11 girls who recently completed the grueling 111km Hawkesbury Canoe Classic, along with the many supporters in each of the sports.



# PLC Armidale Sports Dinner Awards

# lion's roar

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Sport	Team Name	Best & Fairest Player	Most Improved Player	Coach's Award
Basketball	PLC Bulls	Alice Berry		
	PLC Suns	Eloise Lambell	Georgia Seymour	N/A
	PLC Warriors	Brooke Fuller	Matilda Waterson	N/A
	PLC Jazz	Emma O'Donoghue	Zoe Swan	N/A
	PLC Clippers	Darcy Campbell		N/A
Indoor Hockey	PLC Thunder U16's	Lucy Quast	Paige Jackson	N/A
	PLC Fire- U13's	Mia Emanuel	Finnlay Barr	N/A
	PLC Cubs			
	PLC Alligators			
Hockey	PLC Penguins			
	PLC 1- Opens	Clare Askey	Ruby van den Hoek	Madeline Atkin
	PLC 2- U16's	Olivia Matherson	Ella Atkin	Chelsea Thornton
	PLC 3 Storm U16's	Alex Hiscox	Alison Chapman	Keira Shaw
	PLC-4 Cubs U13's	Amelia Wake	Natalie Brennan	Emily Peet
Touch Football	PLC 5- U11's Alligators	Charlotte Portell	Abi Thompson	Keira Peet
	PLC 1- Opens	Stephanie Goode	Madeline Atkin	N/A
	PLC 2- Year 8/9	Nikki Yates	Saskia Kennett	N/A
Soccer	PLC 3- Year 7/8	Charlotte Caldwell	Sarah Miron	N/A
	PLC Lions	Kiera Shaw	Zoe Swan	Saskia Kennett
Netball				
	PLC Roar	Jessica Ruba	Georgina Cornall	Emma Ranck
	PLC 1	Genevieve Walsh	Stephanie Keeping	Laura Tindale
	PLC 2	Emily Maunder	Charlotte Hine	Eloise Lambell
	PLC 3	Brooke Fuller	Isabelle Post	Tahlia Morgan
	PLC 4	Jessica Chambers	Bronte Hodge	Hannah Croft
	PLC 5	Sophie Hansen	Grace Lehman	Georgia Breckenridge
	PLC 6	Chloe Lawson	Holly Butler	Alex Wright
	PLC 7	Xinyue Li	Alice Berry	Jessica Mabbott
Junior School	PLC 8	Isabelle Taylor	Aaliyah Johnston	Chloe Vanderwolf
	PLC Red	Georgia Butler	Charlotte Thomas	Calista Ferraro
Horse Sports	PLC Green	Nina Breckenridge	Poppy Broun	Lucinda Caldwell
	Equestrian	Sarah Askey	Tara Murray	





## Pastoral Care Conversation

Anna Caldwell, Director of Pastoral Care

### World Kindness Day

November 13 is World Kindness Day. The Australian Kindness Movement aims to make a real difference in the World through the power of kindness.

Why is being kind so powerful? They explain it really well:

"Being kind is an enjoyable experience. It makes you feel good, and useful, and alive, and it validates you as a human being. When you are kind it triggers a number of beneficial physical and psychological responses. The most obvious response is the 'feel good' sensation, which has been officially titled the "helper's high".

When you do something good, your body rewards you by releasing endorphins. These morphine-like substances create the feel good experience, and also have the capacity to reduce or even block pain signals to the brain. People suffering from physical or psychological pain experience relief when they carry out an act of kindness.

Depression has received a good deal of attention from the press of late. It has been stated that over twenty percent of the population is affected by it at some time during their life. Depression feeds on introspectiveness: dwelling on our problems will drive us deeper into the morass of depression. When you practice kindness you are placing your attention onto someone

else, or as Herbert Benson put it, the act of helping allows us 'to forget one's self.' When you do this you have put your depression 'on hold,' and your acts of kindness may allow you to see your own situation from a different perspective. This could result in being able to find new ways to seek relief from the condition.

The person who receives a kind act experiences the 'feel good' response, too. It's a nice experience when someone smiles at you, or thanks you, or compliments you, or helps you in some way. It creates a bonding, and in that moment there is a greater sense of worth about yourself and people in general. It is a feeling akin to falling in love, and in that moment you have fallen in love - with the whole of humanity.

It has been scientifically proven that regular, small acts of kindness have a positive effect on your physical and mental wellbeing, but also on your longevity. Kindness is not only a feel good experience, it is also beneficial for your health".

Source: [www.kindness.com.au](http://www.kindness.com.au)

The Random Acts of Kindness Foundation's theme for this November is Gratitude and they have produced a calendar of ideas for acts of kindness for every day of the month. Please find this below and have some fun being kind!

We really can make the World a happier and better place, one act of kindness at a time.



## November 2015

## Theme: GRATITUDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>National Family Literacy Day</b> Write while your child dictates his life story. She can illustrate and read it to others.	2 Take someone to the movies.	3 Pat someone on the back.	4 <b>Creative Child and Adult Month</b> Create a home art gallery, display their work and invite family & friends.	5 Act with integrity.	6 Let your teacher know you appreciate him or her.	7 Be considerate of others.
8 Shovel snow for a neighbor.	9 <b>Good Nutrition Month</b> Cut food into shapes with cookie cutters.	10 Say thank you when you wake up and before sleep.	11 Eat lunch with someone new.	12 Give away your parking spot.	13 <b>World Kindness Day</b> Leave uplifting, positive notes everywhere you go.	14 <b>National Teddy Bear Day</b> Organize a teddy bear drive.
15 <b>Recycle Day</b> Use nothing disposable today.	16 Leave quarters at the laundromat.	17 <b>Homemade Bread Day</b> Bake a loaf of bread and share with friends.	18 Do someone a favor.	19 Donate blood.	20 Make a list of appreciation.	21 Send an encouraging text message.
22 Forgive someone.	23 <b>National Game and Puzzle Week</b> Establish a monthly Game Night for friends.	24 Give a free hug.	25 Take pictures of friends and family, share with all.	26 Say "please" and "thank you".	27 Return all items you borrowed throughout the year.	28 Be a friend who listens.
29 Donate coats, gloves, and hats to a local charity.	30 Organize a carpool.					

# Parenting *ideas*

## INSIGHTS



### *Building parent-school partnerships*

WORDS Michael Grose



## Manage like a cat, nurture like a dog

Here's how to get the mix of firmness and nurturing right when communicating with young people.

When speaking about raising teenagers I make the planned observation that parents should 'manage like a cat and nurture like a dog'. So what does this mean?

Teenagers need a mix of firmness and nurturance from their parents. Like toddlers many teenagers wear L-plates when it comes to navigating their expanding world. Of course, the world a teenager inhabits is far broader than that of a toddler so the risks are multiplied hundredfold. They still need to be managed, but not necessarily in controlling or confrontational ways.

Due to physiological changes most teens will revert straight to their reptilian brains when they feel threatened or experience angry, aggressive discipline. They will fight you all the way, or escape conflict by going to their rooms or withdrawing into themselves. Better to manage like a cat so they hear your message rather than pick up your vehemence.

### Finding your inner cat

We all have some cat and dog in us. It's just a matter of accessing those parts and bringing them out when we need them. The cat is the credible side we all have, but find difficulty accessing. It is always expressed through your non-verbals – that is, your tone of voice, your posture and your head.

A cat speaks with a flat, clipped voice. His or her head is very still and body upright and confident. The quickest way to access your inner cat is to speak with you palms facing the ground. You can try this now. Stand up with both hands in front of you with your palms facing the ground. Now start speaking. You'll find you'll naturally speak like a cat – clipped voice, still head and body and more serious expression. This is your credible (and calm) side.

When you speak from your cat side people will usually believe what you have to say. It gives you authority.

Australia's foreign minister Julie Bishop is a good example of using cat behaviour.

Like her or loathe her you can't deny she has authority. That's because she accesses the cat side of her nature in public.

You manage a teen like a cat by speaking calmly, quietly and staying still when you speak. Cats will also withdraw eye contact rather than stand and argue so look away or respectfully walk away rather than become involved in argument.

Cats also look for ways to manage visually (look away to indicate not arguing) or kinaesthetically (a touch on the shoulder, move close and whisper) rather than repeating themselves. If they do repeat themselves they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when managing teens.

### Using your inner dog

We also have a dog side to our nature. This is the approachable, conversational, relationship-building side. When you access this side you'll speak with lots of inflection in your voice.

**more on page 2** ➤



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



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### ... Manage like a cat, nurture like a dog ...

Your head will bob up and down. You'll probably lean forward as you speak and you'll smile a lot. The quickest way to access your dog nature is to speak with your palms up. You can try it now. Stand up; put your hands out with your palms up and start speaking. You should notice a big difference in how you deliver your message from when you spoke with palms facing down. If not, alternate speaking with palms up and down until you see a difference.

The dog side of our natures is what many of us feel more comfortable with. If you are in a management position there is a fair chance that you spend more time accessing your cat than your dog. Although effective managers will move seamlessly between the two accessing their dog when networking and relationship-building then finding their cat for negotiations or when making decisions.

Actor Hugh Jackman is an example of a public figure who is dog-like as he usually speaks with lots of cadence in his voice, a big smile and open body language. However, I've seen him switch to cat mode in interviews when he talks about something serious. He will invariably speak quietly, calmly and his head will

stay very still. We believe him when he speaks. He's no lightweight. It's his ability to switch from cat to dog and back again that makes him so charismatic.

#### Bringing cat and dog to your parenting

From experience I've found that effective parents nuance their communication. That is, they alter their style to suit the situation rather than let their moods dictate their communication styles. This is not necessarily conscious. However do it often enough and switching from cat to dog and back again becomes a habit.

My challenge for you is to bring your cat to the table when you want to manage teenagers and access your dog side when you encourage them, build relationships and listen to them.

**Get your cat and dog wrong and you'll be ineffective. Manage like a dog and you'll do one of three things:**

- 1 Whine at your kids
- 2 Use an angry voice
- 3 Do nothing because you don't want to offend them.

Build relationships like a cat and you'll be distant, stiff and unapproachable. Get the mix right and you'll be able to give

your young person exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

So does the cat side or the dog side come more naturally to you? Think about it. When you discover what you default to then you need to be aware of two things. First, you will need to work a little harder to access the other side. Second, make sure you don't rely on one side of your nature to do the work in your communications with your young people. If you do then you will more than likely either manage or nurture well but rarely do both well. However get the mix right and your parenting (or leading of any group of people) and you'll have discovered the key to charismatic parenting and leadership.

*'Manage like a cat, nurture like a dog.'*  
Who would have thought it's that simple!

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



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