

lion's roar

TERM 4 • 16 OCTOBER 2015 • VOLUME 251



From The Principal

Mrs Nicola Taylor

Welcome to this first edition of the Lion's Roar for Term 4. The Staff and girls have returned to school ready for what is shaping up to be a very busy but rewarding term ahead filled with opportunities for the girls to learn, serve, be challenged and celebrate. I trust you received the Calendar of Events for Term 4, mailed out in mid September. Senior School parents are encouraged to log onto Edumate where the most up to date calendar of College activities is to be found. Our Year 12 Students have commenced their Higher Certificate Examinations well with many having attended study camps, HSC preparation courses or group study days during the break. Congratulations to Georgia Seymour who has been nominated for Callback, the showcase of HSC Dance major projects, the nomination itself a significant achievement.

Even during the vacation break, a number of PLC girls were actively involved in activities representing the College. A team of Year 8 girls, accompanied by Mr Moffitt participated in the combined schools' service learning trip to Fiji, whilst a team of Year 11 girls accompanied by

Miss Leahy travelled to Thailand, again as part of the combined schools' annual service learning trip. The teams will be sharing how they served and what they learned along the way during Chapel which I am sure will be an inspiration to others. Mrs Caldwell took a large contingent of Duke of Edinburgh girls on what sounds like a challenging yet rewarding adventurous journey through the Lamington National Park, whilst our team of Hawkesbury Canoe Classic entrants continued their training schedule for this demanding event. Congratulations also to Eva Flannery, Isobel Harris, Emma Barnier and Sophia Bohlsen for their accomplishments at the Gymnastics NSW Country Championships held at Orange. Eva and Isobel both achieved silver in their category with Sophia and Emma representing in the very demanding women's all ages category where Emma placed in the top 10. A special congratulations is also in order for two of our many high calibre musicians within the College. Isla Biffin selected as harpist for the Young Symphonists program and Lucy Quast as reserve violist for the Australian Youth Orchestras National Music Camp. See Mr Pavel's article for more detail.

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The Induction Assembly for our recently elected Class of 2016 Prefecture and Spiritual Leaders was a fitting acknowledgement of the opportunities for leadership and service evident throughout the College. Congratulations to Genevieve

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Walsh (Head Prefect), Madeline Atkin (Deputy Head Prefect), Jessica Tan (Creative Arts Prefect), Annaliese Harrington (Sports Prefect), Madison Taylor (Forrest Guild Captain), Georgina Cornall (Forrest Deputy), Mimi Raymer (Gregory Guild Captain), Freya Bartlett (Gregory Deputy), Laura Tindale (Macquarie Guild Captain), Sophia Bohlsen (Macquarie Deputy), Stephanie Keeping (Wentworth Guild Captain), Zoe Swan (Boarding House Captain), Freya Bartlett (Deputy Boarding House Captain). Congratulations also to Georgina Cornall, Simone Foley, Emily Seaman and Jessica Tan on their appointment as Spiritual Leaders of the College. Leadership is far more than having a title or wearing a badge. In the coming weeks all of our current Year 11 students will take part in a Leadership training program. All girls will be encouraged to take on the mantle of leadership as the most senior students in the College. In the words of John Maxwell, "A leader is one who knows the way, goes the way and shows the way".



PLC Baroque Ensemble

Deidre Rickards, Baroque Ensemble Director

Congratulations to the nine girls who worked together on two famous Baroque works by Bach and Handel in order to present in the Variety concert organised by the Friends of the Old Teachers College on Sunday afternoon 11 October. Mr Pavel and I handpicked this ensemble as we knew that you could read it quickly and I could shape it into a good performance without too many rehearsals. This is something one can only do with talented students and I congratulate you all on a very fine performance.

Dakotah Love and Syra Glenn should be especially acknowledged as they worked on the German language in both songs and presented with a lovely sound. The ensemble was led by Isabella Post and joined by Georgina Cornall, Emily Hempel, Isla Biffin, Jessica Hughes, Elinor Warrick and Gracen Moore.

The funds from this concert go towards the purchase of a lift for the Old Teachers College. It was great to see many of the former staff helping out. I received many favourable comments on the Ensemble's performance. Bravo girls!



Music Notes

Stuart Pavel, Director of Music

Congratulations to Lucy Quast (Year 9) who has been placed on the reserve list as a violist for the prestigious Australian Youth Orchestra's National Music Camp and Young Symphonists programs. Congratulations also to Isla Biffin (Year 8) who has been accepted as the harpist for the Young Symphonists program.

We have a bumper program for this Term's In-House Concerts on Wednesday and Thursday 28 and 29 October. Expect an evening of outstanding performances. The concerts will include performances from our Music Scholarship recipients and will be held in the Music Room starting at 6:00pm sharp and concluding by about 7:30pm.

Everyone is welcome to attend.

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New Appointment

Mrs Nicola Taylor, Principal

It is with delight that I am able to announce the appointment of Mr Matthew Minter who will take up position of Director of Music at the College from the commencement of the 2016 Academic year. Mr Minter is a highly accomplished musician having been trained at the Sydney Conservatorium of Music as a concert pianist. A passionate believer in life-long learning, Mr Minter is currently studying composition at a post-graduate level and has extensive experience with choral and instrumental ensembles. Mr Minter is excited about his relocation to Armidale from his current position at St Mary's College Gunnedah as is his wife Li Ling, herself a renowned musician. We look forward to welcoming the Minter family to the PLC Armidale Community.

Musica Viva Armidale presents The Song Company

From Madrigals to Pink,
The Song Company
proves that love is eternal.

Sunday 18 October, 4pm
Pre-concert talk from 3.15pm
Armidale Town Hall

Tickets:
Carrs NewsXpress in Beardy St Mall
Online via Trybooking
www.trybooking.com/159187

The Song Company Pty Ltd is assisted by the Australian Government through the Australia Council, its arts funding and advisory body, and the NSW Government through Arts NSW.



The finest Vocal Ensemble in Australia is the renowned "Song Co". Many of the top singers in this country have often spent time singing in this group and the concert advertised here features Hannah Fraser, a former PLC Armidale student. Hannah is one of Australia's finest Mezzo Sopranos. See flyer above for details.

To purchase tickets visit www.trybooking.com/159187 - they are selling fast.



Valedictory Events 2015





Senior School Notes

Jo Matherson, Senior School Coordinator

Uniform

It is wonderful to see your daughters again after my Term's leave. It appears that over the winter months, many of them have grown and I ask that you support the College in enforcing our uniform policy. The summer dress should be of a length that is 'on the knee' many of the girls are wearing uniforms that are quite a bit shorter. In light of this, please ensure that your daughter lowers her hem so that it is in line with our uniform policy.

Blazers should also be worn to and from school and anywhere outside the school grounds when in uniform. We do not determine the day to be exceptionally hot unless it is over 35 degrees and only in that case are the girls allowed to just wear their dress without a blazer. There should be no reason for the girls to wear a jumper and no blazer outside the school grounds.

Hats are also to be worn to and from school and anywhere outside the school grounds when in uniform. There is an exception for when it is raining but cloud cover does not constitute rain. If it is raining in the morning, the girls are still expected to bring their hat to school so that they can wear it on their way home in the afternoon if it has stopped raining.

If you require any further clarification, there is a section in the Student Diary on Page 4 called **Important Things to Know - How do I wear the uniform?** Alternatively, please do not hesitate to contact me via email jmatherson@plcarmidale.nsw.edu.au or by phone through Reception. Staff really appreciate your support in enforcing the uniform standards so we ask that you please discuss this with your daughter.

calendar OF events

16 TO 29
OCTOBER
2015

Years 8, 10, 11 AHIGS Festival of Speech	16-17/10/2015
Years 3, 4, 5 and 6 School Orienteering Championship	16/10/2015
2015 Inter-Schools Horse Extravaganza	17-20/10/2015
Musica Viva Concert	18/10/2015
P&F Golf Day	18/10/2015
HSC Exams all week	19/10/2015
IGSSA Gymnastics	23/10/2015
Year 10 Hawkesbury Canoe Classic	23-25/10/2015
In House Concert	28/10/2015
PLC Armidale Foundation Meeting	28/10/2015
Year 11 Leadership Day	28/10/2015
In House Concert	29/10/2015

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Duke of Edinburgh's Award - Lamington National Park Hike

Anna Caldwell, Duke of Edinburgh Coordinator

The second week of the school holidays saw 31 girls head to Queensland for a week of hiking and adventurous activities. We set up base camp at the Binna Burra camping ground and enjoyed the views and great facilities there. We also enjoyed the stunning waterfalls along the Coomera Circuit and cool shade of the rainforest canopy. The changing vegetation from rainforest to Australian bush on the Ship Stern Circuit and Daves Creek Circuit was matched by the breath taking views over the National Park and the Woggunba Valley that stretched all the way to the beaches of the Gold Coast.

We were not the only wild life to be found in the park either! We saw snakes, echidnas, koalas, lizards, bush turkeys, possums and a few ticks and leeches too! The Commando, from the Biggest Loser TV show was also there, running a Boot Camp. He had his group up running and on the go from 5.30am..... but his group had nothing on our amazing girls, who were also up before 6am and walked 18 – 22km every day and still had lots of energy for the 165m Flying Fox activity in the afternoons as well.

To break up the long journey home we stopped off at Byron Bay for a refreshing swim and lunch. What made this trip particularly special, was that two of our old girls, Millie Brissett and Jessica Wright, both Gold Awardees, joined us as supervisors. Their enthusiasm, wealth of experience and knowledge of the Duke of Edinburgh's Award program was invaluable and greatly appreciated. We were also joined by three intrepid mums, Annette Callister, Emily Chambers and Libby Jackson who enjoyed hiking and camping with us all. Thank you for joining in the fun!

Thank you to Will Caldwell, Millie Brissett and Jessica Wright for everything that you did to make the week so successful and so much fun!

Congratulations to Madeline Atkin as this hike was her final Gold Adventurous Journey.

All that Glitters is Gold!

Congratulations to Alexandra van Duijnhoven (Year 12) for completing and being awarded her Gold Duke of Edinburgh's Award.

2016 Bronze Recruiting

Later on this Term I will be talking to the Year 8's about joining the Duke of Edinburgh's Award Program at PLC Armidale. Information will be sent home and there are forms to complete and return to the school office before the end of the Term, with the program starting in Term 1 next year. If you have any questions please do not hesitate to contact me.





Thailand Service Learning Trip 2015

Jen Leahy, Thailand Service Learning Trip Coordinator

During the September school holidays, 4 students from Year 11 and Ms Leahy joined with students and staff from The Armidale School and the New England Girls School to participate in a service learning trip to Thailand. They spent 10 days in Chiang Mai, assisting two organisations – Agape Home, a home for about 100 children who have HIV/AIDS and The McKean Rehabilitation Centre, which assists people with leprosy and also cares for elderly and others who are in need. These are the highlights and reflections from the PLC group.

Georgina Cornall

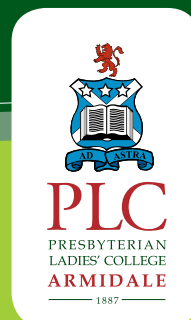
The service trip to Thailand which I took part in was an amazing opportunity. I loved working as part of a team to make a difference in the lives of the people who live in both McKean and Agape. Although this work was satisfying, the highlight of the trip for me was probably meeting some very inspirational people. Avis, the lady who founded the home for children living with HIV/Aids as well as Heather who runs the McKean Centre, made huge sacrifices in their lives in order to help others, expecting nothing in return for this endeavour. Through meeting these two women, I reflected on how our problems which we consider massive are minuscule compared with some of the problems that the children at Agape and the people who live at McKean face. This trip more than anything taught me a lot about perspective and the need to apply this before complaining about so called "problems". Going to Thailand in the holidays to serve others was really rewarding and fun and I learnt so much about the Thai culture.

Syrana Glenn

The Thailand service trip was a great opportunity for me to give back to people who need help and to be able to make a difference in their lives.

This trip has given me so much. It has given me a different view on the world, seeing first hand how happy people are with the bare minimum. I also enjoyed hearing Avis's and Heather's stories (the women who run Agape Home and McKean Leprosy Rehabilitation Centre respectively), and seeing how they have put their faith into action, and how they have created something that is truly beautiful. It was very heartwarming to see how they could be so selfless by serving God. This trip has also opened up my view on Christianity.

On behalf of the team, we would like to thank everyone who supported this trip, for attending the car wash and for praying for our team while we were away.



Sports Dinner

To celebrate the many sporting successes at PLC Armidale you are invited to join us for our sports awards evening.

When: Friday 6 November 2015

Time: 6.30pm - 10.30pm

Where: Armidale City Bowling Club

Cost: \$40 per person (parents and students)

Dress: Cocktail

Purchase your tickets from the following link:
<http://www.trybooking.com/JAKK>

Bookings are essential and must be made by Tuesday 3 November 2015
For Trybooking enquiries please contact Sue on 6770 1700 or email aa@plcarmidale.nsw.edu.au



Educating successful women of tomorrow in a Christian environment.



SOCCER

PLC Armidale had two teams entered in the UNE Women's Soccer Competition this year. The photos below are from the PLC Lions vs PLC Roar game played on the 16/9/15. The game was a friendly 5 all draw when they all had to scatter early in the second half because of the HAIL!!! Mimi Raymer scored 3 of the 5 goals for PLC Lions, on her birthday, and Emma Ranck scored 3 of the 5 goals for PLC Roar, with Anna Finney being very excited at scoring a cracking goal for PLC Lions.



Junior School News

Ainslie Breckenridge, Head of Junior School

Welcome to Term 4

I trust that all our Junior School girls and their families had a restful break and enjoyed the time together. All our girls have returned with enthusiasm this Term to tackle lots of challenging learning and involvement in their extra-curricular activities. As I said to the girls on their first day back, 'get your skates on' as this Term will fly by and we have lots to achieve.

We welcome two new families to our Junior School this term. Welcome to Chelsea Waters (Year 3) and Zahliah Fabian (Pre-K). Please make them feel welcome.

This Term we will be assessing and reporting on the progress that our students have been making in Semester 2. Teachers will be using observational, diagnostic work samples and standardized testing techniques to assess the girls in how they have worked towards and mastered the BOSTES syllabus outcomes for their particular stage. If you would like to know more about how our teachers assess, please feel free to make an appointment with your class teacher to discuss these methods.

This Term also sees the soft launch of 'Flourish', our K-12 Pastoral Care initiative of our Well-Being Embedding Excellence Group which consists of both Senior and Junior school staff. Catherine Creagan is the leader of this group and Junior School representative of the initiative. Our Thursday 'crunch and sip' time (from 11.20-11.40am) will become the Junior School Pastoral Care time where teachers will focus on discussions and activities associated with key elements of character strengths.

The VIA Institute of Character states that understanding character strengths helps us see how special and capable a person is and can be. Character strengths are personality characteristics that make someone authentic, unique and feel engaged.

I would encourage you to discuss what happens in our Pastoral Care times on Thursdays with your daughters. The Embedding Excellence Group will be asking for student, staff and parent feedback at the end of the Term so it would be lovely to have our parents engaged in this initiative.

There is certainly a lot happening again in the Junior School. Please feel free to come and discuss any issues, concerns or ideas you would like to share with me. An appointment can be made by ringing Mrs Emma Young on 6770 1726.

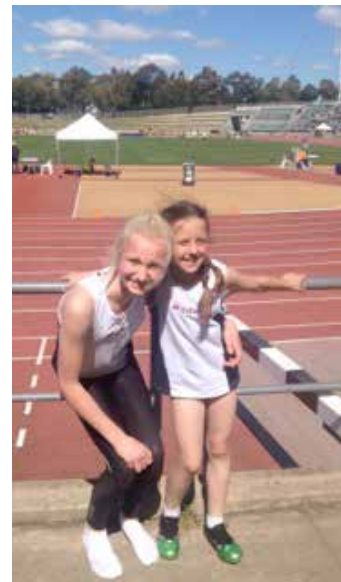


Junior School Sport

Lucy Donaldson, Junior School Sport Coordinator

CIS Athletics

The Combined Independent Schools' Athletics Championships were held on Wednesday 9 September at Homebush. A huge achievement to have two of our students qualify to compete at this level - Eliza Ward and Charlotte Portell. Eliza came third, receiving a bronze medal in the 12 years high jump. Eliza jumped 1.41m, which was the same height as all three medalists, but on a count back she received the bronze medal. This now qualifies her for the NSW All Schools State Athletics Carnival in October. Charlotte Portell ran well in the 8 years 100m where she ran a time of 16.60 to finish 2nd in her heat and qualify for the final, and then improved on her time, to run 16.15 in the final and finish in 5th place overall. A spectacular effort from both girls.



Summer Sport

Basketball is set to start in Week 2 and indoor hockey will begin in Week 3. Team lists, coaches and training times are on the sports notice board. I wish each sporting team good luck for the term and most of all, I hope they all have fun!

Global Garden Produce

Pre-Kindergarten started the term with a bumper crop of vegetables in the Global Garden. Last week they began harvesting kale, lettuce, spinach, broccoli and silver beet. These are available for a monetary donation in the Junior School foyer and from time-to-time at the gate at afternoon pick up. All money raised goes to maintaining garden projects.

Soon we will have red onions, more bags of mixed lettuce, peas, spinach and herbs available.



Cattle Team Report

Briony Looker and Tim Light, Cattle Team Managers

2015 Brisbane Royal (EKKA)

The PLC Cattle Team had 6 girls and 13 head of cattle at the Royal Queensland Show (EKKA) this year. We left Armidale on Saturday 1 August after a few mishaps with the semi trailer getting bogged in the frost. This year we had Mr and Mrs Ball accompany us, as well as Amanda and Jaz Kennett, Maria Woods and Linda, Andrew and Kelso Looker (Briony's family). The girls were busy for the first couple of days setting up the displays and preparing the cattle for their classes. On Monday they began with the Paraders' Competition with two of our girls, Molly Trindall and Indiana Smith making it into the finals. On Tuesday the girls prepared the carcass heifer, Black Betty for her hoof class. This heifer led by Molly Trindall received 4th in her class and also a 4th in the carcass results. All the girls participated in Junior Judging and we also had a team entered for the Inter-School Steer Judging competition, achieving success in both categories. Our team, consisting of Saskia Kennett, Safina Ireland and Indiana Smith, placed 7th out of approximately 20 schools. Safina also placed in the individual Junior Judging coming 6th in her age group from a very large group of competitors.

On Wednesday the Open steer classes began and we had 3 steers entered. Montana, one of the Red Poll steers, was first in the ring being a lightweight led by Amber Whibley, but had no success in his Hoof class but did reach 12th place in the carcass results. The second steer into the ring was the other Red Poll steer Norman, who was led by Annabel Finemore, having come 7th in his carcass results but no success in his Hoof class. The third steer to go into the ring was Hotdog, led by Briony Looker achieving a 7th place in his class. This meant he then went on to be auctioned - at auction he sold for \$5.90kg gaining a better price than the original grid price. He also received 4th in the carcass results. All of our Hoof and Hook animals were all in very large classes of 20 or more exhibits each.

Later on Wednesday afternoon the girls competed in Stud Beef Paraders but unfortunately had no success in their classes. The girls all paraded exceptionally well and should be commended on how well they conducted themselves and well done to them for taking part in such a high calibre event.

Thursday was the busiest day for the team as there was a total of 9 head of stud cattle to prepare. The morning started with the Simmental classes of which we had the Cow and Calf (Perfect and Lulu) entered. Perfect led by Briony Looker and Lulu led by Molly Trindall received 4th in this class. Later on that day were the Red Poll classes and the Murray Grey classes. We had great success with the Red Polls with the heifers placing 1st, 2nd and 3rd. The stud heifers were led by Tim Light, Saskia Kennett and

Safina Ireland. The first class of bulls was the Junior Bulls and we had one entered in this class, winning 1st place and then going on to receive Reserve Champion Red Poll Bull. The next class was the Senior Bulls - again we had one bull entered and we received a 2nd place. The stud bulls were led by Molly Trindall and Indiana Smith. The last classes for the day were the Murray Grey classes, we had a heifer and bull entered, we received 2nd with the heifer and the bull placed 1st and then went on to win Reserve Junior Champion Murray Grey bull in this category. On the final day, which was Friday we competed in one last event, the Prime Beef Junior Judging where Indiana Smith received a highly commended. The studs we fitted for over the week were Tanamerah Red Poll Stud, Glenview Murray Grey Stud, Lagoon Red Poll Stud and B.A.L Simmental Stud. Overall we had a very successful show and had an absolutely fantastic week. We would like to thank everyone who helped make our Brisbane EKKA trip this year so successful. Special thanks to Mrs Kennett who once again ensured we didn't go hungry.

New England Premier Beef Fest

The New England Premier Beef Fest was held at the Exhibition Centre here in Armidale. The event ran over the last two days of Term 3.

The Cattle Team fitted out 2 heifers and a steer for the event and the girls competed in both Junior Judging and Junior Paraders' competition.

Safina Ireland placed 1st in the 12-14 years Junior Judging. This was a huge achievement for Safina as her age group was the largest group overall.

Molly Trindall and Indiana Smith placed in their heats for Junior Paraders', going through to the final class for Paraders'.

The heifers and steer performed well, but unfortunately didn't place on the day.

The girls presented themselves well and did a great job preparing the cattle.

2015 National Red Poll Youth Camp:

Saskia Kennett attended the 2015 National Red Poll Youth Camp held in Glen Innes during the first weekend of the September school holidays.

Saskia had a great time and did exceptionally well taking home the Intermediate Champion Herdsman trophy and also placed in her Paraders' class.



- Saskia Kennett at the Red Poll Youth Camp with her prizes and Trophies

- The Team Photo from Brisbane EKKA with some of our ribbons.



Boarding House News

Zoe Swan, Boarding House Captain

This term is a big one for all the boarders with exams coming up and school winding down for the year. With summer sport, yearly exams, activities week and Guild Drama coming up, end of term will

be as busy as ever.

Congratulations to Year 12 boarders who have finished their schooling and we all wish them the best of luck in the upcoming exams as well as good luck for next year. In Term 3, Year 12 also encouraged the boarding house to join in on Activities morning introducing us all to their idea of a boot camp. While it was freezing we all had a few laughs and were allowed back into the boarding house at six o'clock in the morning.

Many of the boarders also participated in the Colour Run which raised money for the Westpac Rescue Helicopter Service and was a great day that supported such a great cause.

Term 3 was also a big term for sport with many of the sporting competitions wrapping up such as hockey, netball, and soccer which boarders all joined in on. Some of the boarders also travelled to Tamworth to participate in either a hockey, netball or soccer game against Calrossy with the teams all doing very well and the girls having a great afternoon.



Hawkesbury Canoe Classic preparation

Anna Caldwell, Hawkesbury Classic Coordinator

Last weekend saw all the paddlers from PLC, TAS and NEGS head to Grafton for a 30km practice paddle, starting at 4pm at Copmanhurst and paddling through sun set until they arrived at the Big River Holiday Park and Ski Lodge, Seelands, well after dark.

This was an excellent opportunity to fine tune equipment and technique and experience paddling on a tidal river, not just a dam. Paddling in the dark also helped them get used to night vision and experience what it is going to be like paddling through the night at the Hawkesbury Classic.

Well done to all crews and thank you to all the parents who helped out as landcrew. What a team! Looking forward to lots of fun with you all in two week's time.

I would like to wish everyone the best of luck for the Hawkesbury.

"May your canoe upon the water simply glide, may your favourite paddle always be at your side. May your portages be short and your trips always long, may you always keep the open end up and the pointed end forward and you'll never go wrong".

Anon.

Boat Naming Competition!

PLC has purchased two new Mirage 730's, which will be ready for their first use in two week's time at the Hawkesbury Classic.

We now need to name the boats!

If you can think of a name for the new boats, please email your suggestion to Mrs Caldwell by Friday 23 October. The winning names will be announced the following week and a boat naming ceremony will be held at school before the end of this term.

The boats will be in our school colours with one boat being predominantly green and the other red, both with sky blue trim and detail.

We currently have two nomads called Ad Astra and The Spud, named after one of our old girls, Sarah Heagney.





Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



Welcome back to the fast and furious Term 4!

Community Engagement – various events

This Term, PLC Armidale is proudly supporting a number of regional initiatives. The first of these was held in Glen Innes last weekend. The annual NSW Rural Women's Network Gathering this year entitled "Gather in the Glen", attracted some four hundred women and high profile speakers from all around NSW as well as Qld where they experienced a range of networking and professional development opportunities. It was a terrific opportunity to showcase PLC Armidale to this audience as well as catch up with past, present and future PLC Armidale connections. The other event PLC Armidale is supporting is the inaugural Inter Schools Horse Extravaganza (ISHE) being held at AELEC in Tamworth this weekend (October 17-20), where we have sponsored a number of rookie showjumping and dressage events. Again, another wonderful community engagement opportunity to promote PLC to a wider audience, as well as support our current students who are participating. Best wishes to our students and families who are involved.

Scholarships for 2016 & 2017

Offers have been made to families who submitted applications in Round 3 of the All Rounder & Boarding Scholarships. Applications are now invited for Round 4 with allocations being determined by the end of term. These Scholarships are for both current and future students.

In addition this term, applications open on December 1, for the Academic, Music and Visual Arts Scholarships for 2017. More information will be available soon. 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.

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

LUNCH SPECIALS - TERM 4

Monday 5/10	Creamy Chicken Pesto Pasta
Wednesday 7/10	Roast Meat Roll
Friday 9/10	Jacket Potato with Savoury Mince
Monday 12/10	Spaghetti Bolognese
Wednesday 14/10	Chicken Burger
Friday 16/10	Chinese Style Beef Chow Mein
Monday 19/10	Penne Carbonara
Wednesday 21/10	Beef Burger
Friday 23/10	Sweet & Sour Chicken with Rice
Monday 26/10	Ravioli with Napolitana & Ricotta
Wednesday 28/10	Butter Chicken with Rice
Friday 30/10	Beef Nachos
Monday 2/11	Creamy Chicken Pesto Pasta
Wednesday 4/11	Roast Meat Roll
Monday 9/11	Jacket Potato with Savoury Mince
Friday 6/11	Spaghetti Bolognese
Wednesday 11/11	Chicken Burger
Friday 13/11	Chinese Style Beef Chow Mein
Monday 16/11	Penne Carbonara
Wednesday 18/11	Beef Burger
Friday 20/11	Sweet & Sour Chicken with Rice
Monday 23/11	Ravioli with Napolitana & Ricotta
Wednesday 25/11	Beef Nachos
Monday 30/11	Creamy Chicken Pesto Pasta
Wednesday 2/12	Roast Meat Roll

IGNITE . . .

**Periodic Table – Sale of Elements.
Purchase NOW for Christmas!!**

The fundraising campaign for the refurbishment of the Science Labs continues with the sale of the elements of the Periodic Table on our website. We hope you received your promotional card in the mail during the holidays. The interactive component of the site is ready for you to make your purchase. Look! it's started...



1

H

Hydrogen

2

He

Helium

3

Li

Lithium

4

Be

Beryllium

5

B

Boron

6

C

Carbon

7

N

Nitrogen

8

O

Oxygen

9

F

Fluorine

10

Ne

Neon

11

Na

Sodium

12

Mg

Magnesium

13

Al

Aluminium

14

Si

Silicon

15

P

Phosphorus

16

S

Sulfur

17

Cl

Chlorine

18

Ar

Argon

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

Nikel

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

ignite

THEIR PASSION FOR THE SCIENCES

Support PLC Armidale by making a once in a lifetime purchase of an element on the PLC Armidale Periodic Table.

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
 ☐ Nickel
 ☐ Mercury
 ☐ Helium
 ☐ Neon

☐ Argon
 ☐ Krypton
 ☐ Xenon
 ☐ Radon
 ☐ Carbon

☐ Nitrogen
 ☐ Oxygen
 ☐ Fluorine
- 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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a mission to provide the best
possible facility from which our
future Scientists will flourish.

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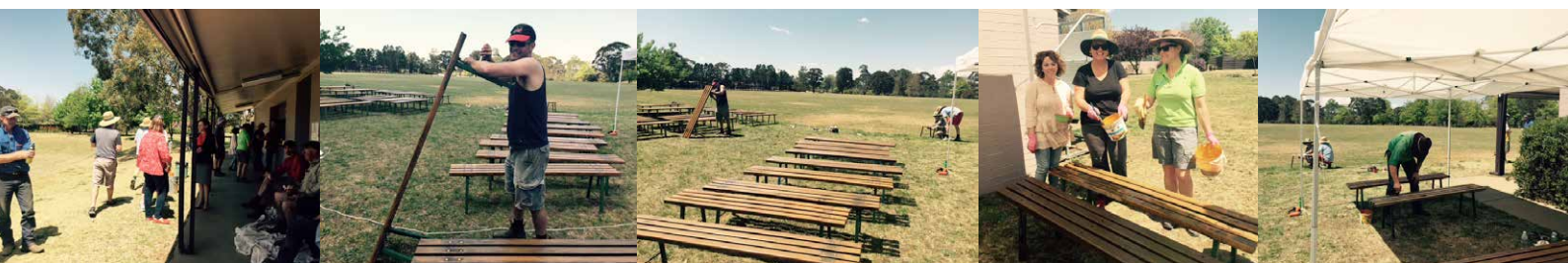
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P&F Post

Deb Hiscox and Janine Ranck, Co-Presidents

Under bright sunny skies last Saturday 10 October, a 'Working Bee' was carried out by parents and friends to re-vamp the school timber bench seats and tables. What at first looked to be a huge job, quickly became very achievable. The air was soon filled with the sounds of tools, not to be outdone by the sound of chatter and laughter. The band of industrious workers were then treated to a BBQ lunch and refreshments. Thanks to Murray and Margot Ball for cooking this for us.

Thank you to all who assisted on the day. It was lovely to see people just drop in and jump in to help for whatever time they could spare. Thank you also to Rita Brissett for liaising with the workmen for us and thus thanks to James and his co-workers for assembling the benches in one area.

Many thanks to Moars Doors and Windows for donating the special oil for the seats and to Brett Vickery for donating the use of his industrial sander and to all the others who brought along their own sanders (there was even a generator in use). This definitely made short work of it all!

The seating now looks fantastic and we can be proud to have them on display in the school grounds. The girls will be really appreciative too.

AGM

Lastly, thanks to all who attended our AGM meeting, we would like to take this opportunity to thank both any outgoing or incoming new members to the P&F committee. Without you all, we could not hope to achieve all that P&F does. PLC Armidale is known for its wonderful sense of community and that is definitely something that the P&F strives to assist the school achieve. And we are delighted to be a part of it.



Golf Day

It is not too late to enter a team or individual for the Golf Day to be held this Sunday. Registrations will be taken on the day right up until tee off.

Please come along to support the P&F and in turn the school in this our last fund raiser for 2015. See flyer for full details. All are welcome to participate, so bring along your friends and let's have a ton of fun!!!



PRESENTS

the annual

GOLF DAY

Date: Sunday 18th October

Time: Registrations and BBQ lunch from 1pm, Shotgun start at 2pm

Event: 9 hole 4 person ambrose

Cost: \$40 per person – includes green fees and BBQ lunch

Drinks and food available for purchase throughout the afternoon

Prizes up for grabs for everyone playing

Pre-register at:
<http://www.trybooking.com/JAJB>





Pastoral Care Conversation

Anna Caldwell, Director of Pastoral Care

October is Mental Health Month in NSW and this year's theme is 'Value your mind'.



'Valuing our mental health and wellbeing is just as important as taking care of our family, friends, physical health and work life commitments'.

This awareness month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a personal experience of mental illness or not. This month also give us the opportunity to understand the importance of mental health in our everyday lives and encourages help seeking behaviours when needed.

In today's society, most of us face increasing commitments. Unfortunately with all these commitments in our lives, our mental health and wellbeing can become less of a priority. The main message of this year's theme is to prioritise our mental health and wellbeing just as much as we would to maintain our physical and social health.

When we make our mental health a priority, we are actively practicing self-care, which is an important part of our daily life. Similar to being physically healthy, maintaining a healthy mind helps to prevent mental illness and other issues that can make daily living a struggle and it also allows for a positive lifestyle.

The Mental Health Association of NSW suggests the following ways to help us better value our minds:

GET MORE SLEEP

Sleep is one aspect of our health that is becoming increasingly acknowledged as being one of the most important and simplest ways of looking after our health.

When we don't get enough sleep we suffer from fatigue, irritability, memory loss, we make more mistakes in our daily tasks and our immune system is weakened, so we are more likely to get sick and take longer to recover from any illness too.

Human beings work well with routines, so establishing a routine for our sleep is important, not only when we are babies, but also as adolescents and adults too. Try to go to bed at the same time and wake up at the same time to ensure you are getting enough sleep.

Reduce the amount of distractions and electromagnetic fields in your bedrooms by removing electronic devices. Your bedroom should be for sleeping and not a place for mobile phones or other technological devices. This is especially important for the girls.

Mindfulness and relaxation techniques are great to help you calm your mind at the end of a busy day and helps ease you into a good night's sleep too.

lion's roar

TERM 4 - 16 OCTOBER 2015 - VOL 251

POSITIVE SELF-TALK

I don't know many people who practice this on a regular basis but we all should! It is too easy to put ourselves down and tell ourselves that we are not good enough or we question our own capabilities. Our stressful lives can make our thoughts become very negative, but we can change this. If we tell ourselves that we can, we will. We need to check in with our thoughts regularly to see how healthy they are and to consciously tell ourselves good things every day. This will help build our confidence and will produce more successes and positive outcomes in our daily lives.

TAKE TIME OUT

Taking time out for ourselves, whether it be the opportunity to go for a walk or a run on our own, having time to do a hobby, quiet time to sit and read, what ever it is that you like to do, we need to make sure that we actually do take that time.

I recently attended a Mental Health Professional Development, which was brilliant. One of the most important messages from this day was that we need to look after ourselves. Self-care is not being selfish. When we are flying and the oxygen masks drop, we are instructed to put our mask on first before putting the mask on anyone else. Without oxygen we are not able to be of assistance to anyone else!

Project Happiness posted a photo of an empty cup with the message, 'You can't pour from an empty cup. Take care of yourself first.'

'We cannot nurture others from an empty cup. We need to practice preventative wellness and replenish our emotional reserves before they hit the empty line, then we can give even more to others from our surplus, from our natural state of strength and abundance'.

SHARE THIS VALUE

We need to value our minds and those around us too. We need to reach out to talk, listen, help and get others to value their minds too.

Let's all be the ones to start that conversation and share ways of looking after each other and our own health, physically and mentally.

Mental Health Association of NSW 10 tips to stress less:

- Try something new
- Reach out before things get tough
- Live in the present moment
- Move everyday
- Listen to some tunes
- Aim for more sleep
- Make time for you
- Talk with old friends
- Visualize something positive
- Recharge each day

Happy Mental Health Month!

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Developing your child's social media scripts

It's important to start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around.

"If a job's worth doing, it's worth doing well."

This mantra always pops into mind whenever I'm about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they'll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their every day lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not

around. Here are some ideas to get you started:

1 "Is this worth posting?"

The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. 'Is this accurate?' and 'Is this worth posting?' are two valid questions children can ask when they read posts placed by others.

2 "Have you taken a big breath?"

A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. 'Think before you speak' is the type of message that every child should have in mind.

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. You'll be so glad you did.



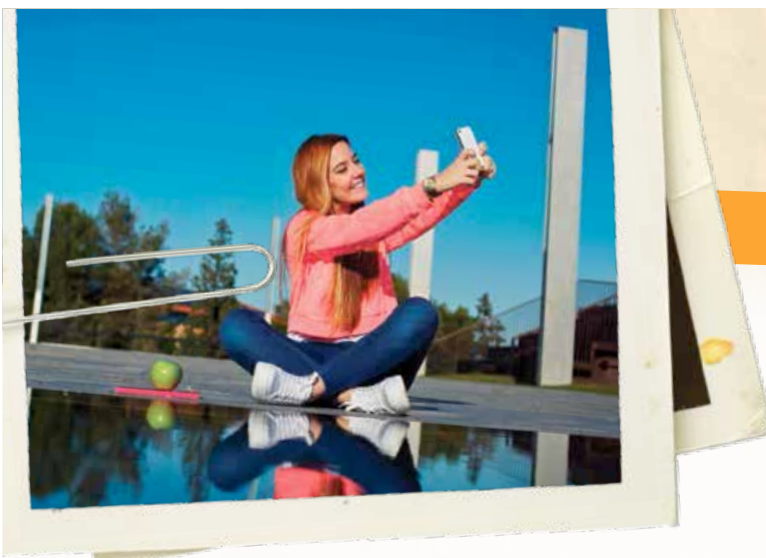
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Parentingideas INSIGHTS

Building parent-school partnerships



... Developing your child's social media scripts ...

The same applies to social media. Just because they think something doesn't mean they post it. 'Take a big breath' may just about be the most important message to give your kids about social media.

3 "Do you want the principal to see this?!"

An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4 "How does this post make you feel?"

We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they've calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people's minds when they haphazardly post a message.

5 "How will you fix this?"

Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it's fair that they fix their mistakes, and apologise. It's reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with *Galit Breen* author of *Kindness Wins* who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

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. You'll be so glad you did.



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