

# lion's roar

TERM 3 • 18 SEPTEMBER 2015 • VOLUME 250



## From The Principal

Mrs Nicola Taylor

With the end of Term 3 upon us, the cherry blossoms lining the driveway, the camellias and wisteria in full bloom, the College gardens are a visible and spectacular reminder of the changing of the seasons. This week the season of schooling for our Year 12 students has come to an end with the promise of a new season of life ahead (post HSC exams of course!). How delightful to mark the passing of this season in a week of special events and activities paying tribute to the Class of 2015. Highlights included the Year 12 Activities Day, raising money by charging cars to enter the College grounds and giving them a quick clean with water pistols along the way. The Year 12 Mock Assembly testified to the fact that students learn more by watching what we do than at times by listening to what we say. The likeness between some of our Year 12 students and staff at the College was remarkable. The Mock Assembly was surpassed however by the Valedictory Assembly which provided a fitting and formal way to recognise the achievements and accomplishments of our Year 12 cohort. The Valedictory Dinner provided an opportunity for staff, parents and students to share a meal and reflections about the individual girls who make up the Class of 2015. Thankyou to the Year 12

Pastoral Care teachers, Mrs Kate Clynn, Miss Kirsty Malby and Mr Stuart Pavel for their oversight of each of these events and special contributions to the Year 12 Valedictory Dinner.

The Valedictory Assembly keynote address was provided jointly by Mrs Kathie Marquardt, PLC Old Girl, current parent and past member of the Australian Defence Force, along with Colonel Helen Macpherson, currently serving as the Director, Organisational Development Unit, Department of Defence. Both women inspired the girls with the challenge and opportunity that presents when you are willing to dream dreams, take risks and celebrate life along the way. Colonel Macpherson, with a career spanning over three decades in the Army, provided some wise advice to our students.

"I have no doubt that each of you will face challenges similar to those I've just mentioned. It is how you decide to face them which will be the measure of who you are, and where that will lead you."

"Understandably military life isn't for everyone, and that's fine. However, ladies, the key is whatever you set out to do, do it. Strive to make a difference. Sometimes you'll succeed and sometimes you'll fall short. This is

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all part of life's learning journey. Doing is the key, for in doing whether you succeed or fail, you'll learn from the experience. And, as such, you'll never be, as Teddy Roosevelt once said, one of those cold and timid souls who neither know victory nor defeat."

"Be ready to accept that often it will not be immediately obvious to you whether your actions have made a difference."

Wishing all members of the College community a safe and relaxing holiday break.



## UNE GRASS Science Investigation Awards

*Kirsty Malby, Science Teacher*

On Thursday 10 September, PLC Armidale attended the UNE Growing Regional and Agriculture Students in Science, Science Investigation Awards. Twelve students from Year 10 and thirteen students from Year 8 participated in the whole day event.

Throughout the day each student presented their own science investigation project to a panel of judges. Students were judged for on their understanding the scientific process and also on their ability to conduct a fair, reliable, valid and engaging scientific investigation. Students also participated in interactive Science based activities and undertook an extensive tour of the Science facilities that UNE had to offer.

PLC Armidale achieved some outstanding results at the awards presentation at the conclusion of the day.

In the Junior section (Years 7 & 8) Emily Hempel, Lucy Martin and Ria Kealey qualified for the finals. Emily and Lucy received the 1st Encouragement Award (\$100 for themselves and \$50 for the school) and Ria placed 3rd overall in the Junior section (\$100 for herself and \$50 for the school).

In the Senior section, Alex Hiscox and Brianna Roberston qualified for the finals.

In the 'Best Agricultural Innovation' themed award, Ruby van den Hoek qualified for the final and won 1st place overall for this section. She was awarded \$300 for herself and \$200 for the school.

Congratulations to all the students who participated in the day. You all gave outstanding presentations and represented PLC Armidale exceptionally well!



## Success at Da Vinci Decathlon

*Deb Curkpatrick, Director Learning Support and Extension*

Congratulations to the 40 students who competed in teams of 8 at the regional Da Vinci Decathlon. PLC Armidale achieved commendable results in a highly competitive field of at least 15 schools in each division. The event was superbly organised by the staff at The Armidale School and we thank them for offering regional students the opportunity to stretch their minds so close to home. All students demonstrated great team skills and tenacity as they attempted to solve a range of problems throughout the day.

### Year 7- First overall

English - 2nd  
Mathematics - 1st  
Engineering - 2nd  
Science - 3rd  
Creative Producers - 2nd  
General Knowledge - 2nd  
Team members: Lucinda Ball, Alice Berry, Caitlin Hansford, Thurkka Jeyakumar, Jessica Li, Lily Neilson, Claire McLachlan, Chloe Vanderwolf.

### Year 8-Third overall

English - 1st  
Philosophy - 3rd  
General Knowledge - 3rd  
Team members: Isla Biffin, Holly Butler, Emily Hempel, Phebe Hunt, Ria Kealey, Lucy Martin, Gracen Moore, Emma Pearce

### Year 9- Third overall

Art & Poetry - 1st  
Science - 1st  
Code Breaking - 3rd  
General Knowledge - 3rd  
Team members: Sarah Askey, Georgia Breckenridge, Darcy Campbell, Julia Chambers, Amelia Newton, Gabriella Parsons, Hannah Van Roy, Helen Waters

### Year 10- Second overall

Mathematics & Chess - 2nd  
Science - 3rd  
Art & Poetry - 2nd  
Engineering - 3rd  
Cartography - 2nd  
Code Breaking - 1st  
Team members: Kate Biddle, Jess Chambers, Alison Chapman, Anna Finney, Alex Hiscox, Ragavi Jeyakumar, Georgina Hebblewhite, Brianna Robertson

### Year 5/6- A great effort as first time competitors

Creative Producers - 2nd  
Team members: Rachael Kenrick 6, Eva Goswell 6, Hannah Neilson 6, Calista Ferraro 6, Arrawyn Gow 6, Emily Peet 6, Diya Mundasad 5, Destiny Mills 5



## calendar OF events

6 TO 16  
OCTOBER  
2015

Term 4 commences	6/10/2015
P & F Meeting	8/10/2015
Prefect Induction Assembly	9/10/2015
HSC Exams commence	12/10/2015
Year 7 Immunisation	15/10/2015
Year 8 Information Evening	16/10/2015
Years 8, 10, 11 AHIGS Festival of Speech	16/10/2015





## Chaplain's Chat

Jennifer Leahy, School Chaplain

### Happiness or Joy

Last week our Spiritual Leaders of 2015 shared with the Senior School in their final College Chapel Service. The students decided to speak about the difference between Happiness and Joy.

Aimee shared about an article she had recently read about why generation Y are unhappy. The article said it was because often expectations are greater than reality. While people continuously search for happiness, they are often disappointed because they find it unsatisfying. This got the girls wondering about what happiness is versus what joy is. And whether true happiness is joy, and joy is only found with God. Georgia read from Psalm 95:1-7 and then Toby spoke on the Psalm and pointed out that people should be joyful with what God has offered them, which are forgiveness and eternity and in who God is. Toby suggested that people shouldn't try to find happiness from temporary things in life but instead they should find permanent joy in Lord.

Georgina then shared the difference between happiness and joy. Joy is something that is not dependent on your circumstances. You can be joyful when going through a bad time because no matter what's going on in your life, Jesus is with you. The more real and lasting experiences you go through, the more joy you experience. And nothing could be more real and lasting than a relationship with Jesus Christ, who loved us enough to die for us and who offered us everlasting life. We know that God loves us, that he created us for a reason.

Georgina shared the joy she has in her life knowing the certainties that have been promised by God. She also prayed that if people don't have this joy, that one day they will be able to experience it and always remember joy is there. Sophia then prayed for our school.

I would like to sincerely thank the Year 12 Spiritual Leaders for their leadership in 2015 and their involvement in FISH, Chapel and the College life. I wish you all the best in the many adventures that are ahead of you.

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## Junior School Music

Constance Rolfe, Junior School Music Teacher

What an eventful Term it has been in Junior School Music. The girls have been working very hard this Term, both in class and in Choir, Vocal Ensemble and Strings.

During Week 7, we had the PLC Starry Night of Music and all the girls performed admirably. Each group was asked to perform two pieces and I was very proud to see the polished and refined result of the Term's hard work. The Junior String Ensemble played their two pieces *Scottish Lullaby* and *Queensland Backstep* beautifully and then joined the Senior String Ensemble for a combined piece *Country Dance*.

The Junior Vocal Ensemble spent the Term staging a scene from the musical *Oliver, Who Will Buy?*, performed at Starry Night to great acclaim. Their next piece *Suo Gan* was performed skillfully and sensitively. Congratulations are in order for Nina Breckenridge and Rachael Kenrick who sang the solo at the beginning.

This Term's In-House Concerts saw many of our Junior School girls performing, some for the first time. It was wonderful to see the progress all the girls have made on their instruments.

In the classroom, the girls have been working hard to learn new concepts and consolidate their knowledge. In particular, Year 6 have been working toward putting together a class ensemble. Every student in the class has a part to learn, even those girls who don't play an instrument yet.

Overall, it has been a very successful ten weeks and I can't wait to find out what Term 4 has in store for us.



## Music Notes

Deidre Rickards, Director of String Ensembles

This photo captures Year 6 and 7 students sitting with Grandparents and enjoying a presentation from the Flute Trio from NCOM. Students in Year 7 have been studying *Peter and the Wolf* by Prokofiev, the *Carnival of Animals* by Saint-Saens and *The Young Persons Guide to the Orchestra* by Benjamin Britten and the Trio presented a session playing excerpts from this repertoire.



### Some Concerts for your Term 4 diaries

A PLC Baroque ensemble will present music by Bach and Handel in a concert administered by the Friends of the Old Teachers College at 3.00pm in the Auditorium on the 11th October. PLC Armidale students involved are:

Dakotah Love and Syrana Glen (Vocalists)  
Georgina Cornall (Cellist)  
Emily Hempel (Viola)  
Isla Biffin (recorder and violin)  
Gracen Moore (recorder)  
Elinor Warwick (violin)  
Jessica Hughes (violin)  
Isabella Post (violin)  
Mrs Rickards (Continuo)

Junior String Orchestra will present a one hour concert in the CWA Hall from 10.30am on Tuesday 17 November.

String Soiree featuring our String orchestras, chamber ensembles and solos with guest ensemble TAS String orchestra. This will be in the PLC Astra Arts Centre at 6.00pm on Tuesday 24 November.

NB The final *Musica Viva* concert this year will be given by the premier vocal ensemble in Australia, the "Song Company". It is a special event for PLC as former mezzo soprano Hannah Fraser will be performing with them. Please go to the *Musica Viva* Armidale website in order to book tickets. The date is Sunday 18 October.



## Netball

*Anna Caldwell, Netball Coordinator*

### ADNA Netball 2015

This year has been one of our biggest years to date for Netball at PLC. We had 11 teams, which made us the second biggest Club in the ADNA competition. I had the pleasure of attending the ADNA Awards Presentation Lunch and I would like to share with you how fabulous our girls are.

- Junior Coaches of the Year Award was presented to Chloe Stier and Sophie Hansen.
- Senior Coach of the Year Award was presented to our PLC 1 coach, Kirstie Fuller.
- Junior Umpire of the Year Award was presented to Sophie Hansen.
- Division 1 Best and Fairest Player for 2015 was awarded to Jessica Lashlie.
- We had five teams make it to the Semi Finals and 3 teams who made it into the Grand Finals that were played on Saturday at Lynches Rd. PLC Supporters came from far and wide, with posters and pom poms and even Addie Astra was dancing away on the side lines.
- PLC 3, PLC 5 and PLC 7 all played incredibly well in very tough games and all 3 teams won!

PLC 3 v Falcons 32-22

PLC 5 v ASCS Classics 31-28

PLC 7 v NEGS 6 36 - 21

Congratulations must also go to all our other teams as they all played incredible well. Here are the final rankings for the 2015 season:

PLC 1 5th  
 PLC 2 6th  
 PLC 3 1st  
 PLC 4 1st  
 PLC 5 1st  
 PLC 6 3rd

PLC 7 1st  
 PLC 8 8th  
 PLC Red 5th  
 PLC Green 3rd  
 PLC Blue - Net Set Go

Looking forward to the 2016 Season.

### Calrossy Competition

Our Senior and Junior IGSSA Netball and Hockey Teams and the PLC Soccer Team travelled to Tamworth on Tuesday afternoon to play Calrossy in our annual friendly competition.

Both our Netball teams won, the Junior Hockey Team won and the Senior Hockey and Soccer teams both came away with a draw.



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**PLC**  
PRESBYTERIAN  
LADIES' COLLEGE  
ARMIDALE  
1887

## 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](mailto:aa@plcarmidale.nsw.edu.au)



*Educating successful women of tomorrow in a Christian environment.*







## Sports Snippets

*Jason Browne, Sports Coordinator*

PLC Armidale had the Under 13's and the Open team play in the Hockey New England (HNE) Grand Finals. The Under 13's had a brave 5-0 loss to Breakaways in their game on Saturday morning.

The Opens played their game on Sunday against Guyra after returning from the IGSSA finals. The game was a nail biter taking two periods of extra time for PLC to score the winning goal. Congratulations to Kim Taylor and the team for this fantastic result. Last time PLC won the HNE Women's Division 2 was in 1995.

PLC 3 had a narrow 1-0 loss to Breakaways in their semi-final last week and narrowly missed out on a spot in the Grand Final.

PLC 1 and 2 also travelled to Sydney on Thursday night to compete in the IGSSA finals. The Junior Team (PLC 2) had a 0-0 draw with Pymble who progressed to the Grand Final because they finished higher on the ladder than PLC 2. Our team has grown from strength to strength as the year has progressed and performed well beyond expectations in making it to the IGSSA finals. Thank you to coach Emma Ellis who has done an outstanding job with this group of girls this year. The Open Team (PLC 1) had a 3-0 loss to Pymble in their semi-final.

5 PLC teams travelled to Calrossy on Monday afternoon for our annual hockey/ netball fixtures. This year soccer was added to the program, due to the ongoing success of the soccer teams in the local competition. The Junior and Senior Netball had convincing wins. The Junior Hockey Team had a 2-1 win while the Open Hockey Team had a 3-3 draw. The Soccer Team had a 1-1 draw.

The two PLC Soccer teams are playing semi-finals this week in the UNE Competition. Best of luck to the Lions and Roar.

## P&F Post

*Deb Hiscox and Janine Ranck, Co-Presidents*

### Working Bee - Saturday 10 October

Everyone should have received an email last week about the working bee we will be holding on Saturday 10 October - which is the first Saturday back in Term 4 - from 10am to 2pm. The working bee is focussing on the garden bench seating which is spread across the school - 70 bench seats in total - which will be sanded and oiled to give them a new lease of life.

We would love to have about 15 volunteers to come along and get this much-needed job done. Please let us know via our P&F email address which is [pandf@plcarmidale.nsw.edu.au](mailto:pandf@plcarmidale.nsw.edu.au) if you are able to come along and give us a hand. We will be providing a bbq and drinks for our hardworking volunteers.

Please note that because of the nature of this working bee, WHS regulations require that no school-age children are allowed to be in surrounding area the area where the working bee is taking place.

### Golf Day - Sunday 18th October

We are holding our P&F Golf Day on Sunday 18 October and it promises to be a fun filled day once again. Please rally your friends to put in a team of 4 and enjoy a lovely day out on the beautiful Armidale Golf Course.

There will be a bbq at 1pm before hit off at 2pm and prizes up for grabs for all skill levels. Cost is \$40 per person. Please support this fun fundraiser.

Please see the flyer which gives more detail and how to register.

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**PLC**  
P&F ASSOCIATION  
ARMIDALE  
1887

**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>





# Hysterical HISTORIES

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## Junior School News

*Ainslie Breckenridge, Head of Junior School*

What an incredible Open Afternoon was had last week in the Junior School. The 'Hysterical Histories' afternoon was an outstanding success. I am always amazed at our dedicated Junior School staff who put together fascinating activities that are interactive and informative. This year we approached things a little differently with the girls taking a much more active involvement in the room display and in the development of the activities. This gave a lot more ownership of the afternoon to the girls and they participated proudly in their activities.

We had rooms celebrating French history, history of Art, Egyptian history, history of flight and a room outlining the importance of nurses in wartime! By the end of the afternoon, I believe that the girls learnt the importance that history has to play in our lives today.

We enjoyed our visiting performance from the Year 9/10 drama group. They were polished and produced a well-rehearsed piece. It is always so lovely to have senior girls come to share their skills in the Junior School. It is so important for our girls to see that they are part of a PK-12 school environment.



A big thank you to all the parents who came and supported our afternoon and made all our visiting families feel so welcome. It was lovely to see that we had over 30 visiting girls join us for the afternoon. I would also like to thank our teachers who have worked tirelessly this term to make days like our Open Day so successful.

As our very busy term 3 draws to a close, I would like to take this opportunity to thank all PLC Junior School families for another great Term and to wish you all a very enjoyable break. Term 4 commences on Tuesday 6 October and the girls return in their full summer uniform.







## Development and Enrolments

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

### How Hysterically Historical!

The annual Junior School Open Afternoon was again an outstanding success, beautifully showcasing the amazing capacity and creativity of our staff to organise such an imaginative and engaging event. The smiles on the girls' faces and their excitement to dress up in character and actively

participate in each of the five activities, spoke volumes about the event. Congratulations to our hard-working Junior School staff as well as the Year 9 and 10 Drama class for their entertaining performance, not an easy accomplishment when there are that many children from Pre-K to Year 6. An event of this magnitude just doesn't happen, but has taken months of planning. Thank you and well done to everyone involved... you have the community talking positively PLC Armidale!

### Year 7 Experience Day

Many thanks to all the staff and girls who were involved in last week's Year 7 Experience Day, whether it was teaching D&T, taking tours or making the barista coffees for the parents. We have received lots of positive feedback from the day and we now look forward to welcoming all those girls to the PLC Armidale Senior School community next year. Should anyone wish to have another experience day and/or night, please contact our Enrolments Manager, Sally.

### 2015 Old Girls' Weekend

The annual Old Girls' Reunion weekend commenced in such a positive and inspiring way, with the annual INSPIRE event last Friday afternoon. This is always a real and meaningful way to launch our signature Alumni event. We welcomed back eight

of the 20-year leavers who shared their stories and experiences of their lives and careers with our Year 10 and 12 girls. Many of these girls have offered to mentor our students in the future. On the Saturday afternoon in the stunning Spring sunshine, PLC Armidale hosted over one hundred and twenty girls from the 5, 10, 20, 30, 40, 50 and 55+ year leavers, many of whom had not been back to the school since they left. They reminisced and re-connected over a glass of champagne and canapés provided by the PLC Armidale Foundation, and enjoyed tours of the school. This year the Old Girls' Union also conducted its Annual General Meeting and "Organizational Think Tank", where they looked at meaningful ways to assist the school. The groups then assisted the Armidale economy, continuing to catch up at their respective reunion year dinners. Sunday's activities included a Church service and of course more catching up!

The Annual General Meeting was the best attended in many, many years with Old Girl and current parent Kylie Alcorn retaining the position of Chair. Old Girl and current parent, Sonia Broun also retained her role as Secretary as well as Old Girl and past parent, Kate Woodland-Smith who was re-elected as the organisation's Treasurer. Congratulations one and all. We look forward to working with you again.

### Community Sponsorship

Next Term (October 9-11), PLC Armidale will be supporting a number of regional initiatives. The first is in Glen Innes at the rural Women's gathering entitled "Gather in the Glen" event, where around four hundred women from all around NSW and Qld will come together to experience a range of networking and professional development opportunities. The other will be in Tamworth on October 17-20 at the Inter Schools Horse Extravaganza (ISHE) to be held at AELEC, where we will be providing a number of trophies as well as supporting our students and families who are involved.

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







Year 7 Experience Day sleepover in the Boarding House



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## Boarding House News



*Rosie Maunder, Outgoing Boarding House Prefect*

As Term 3 comes to a close, many of the Year 12 boarders will start to get emotional and start to reminisce on their schooling life here at PLC. All the fun times and memories they have had with not only each other also with the rest of the members of the Boarding House. Most of the Year 12's are still conscientiously working hard within school as the HSC examinations are just around the corner. This week we had exciting events such as the Boarding House Year 12 Farewell Dinner, the annual muck-up day and Valedictory Assembly and Dinner. Most of the girls had mixed emotions as they were both sad and happy about finishing school. Wooo we've made it!! A huge congratulations goes out to Zoe Swan our new Boarding House Captain and Freya Bartlett her Deputy, who is also Gregory Deputy Guild Captain. Congratulations also to Simone Foley as one of the Spiritual Leaders for 2016. Well done on receiving these positions. I'm positive you will do a great job in your role in 2016.

## NIAS HOCKEY AND HOCKEY NSW PROGRAMS

### NIAS

The NIAS 2016 Hockey program is now accepting applications for athletes turning 16 to 18 in 2016. Program information and details are on the NIAS Webpage: <http://www.nias.org.au/Sports/Hockey/>. Applications are to be completed online.

HNSW - <http://hockeynsw.com.au/>

Regional Academies are currently seeking athlete nominations for their 2016 programs.

Regional Academies are a fantastic way for young athletes in the 16 – 18 year old age group in 2016 to continue their hockey development on-field and off-field during the summer months in preparation for 2016's season.

Designed to prepare athletes for the higher echelons of competitive sport, Regional Academies are the underpinning program for Hockey NSW's Accelerated Athlete Program and provide exposure to technical development opportunities while educating athletes in areas such as sports science and athlete physiology.

If you're interested, Hockey NSW will be hosting a Development Day for Regional Academy Athletes on 26 September 2015. Everyone is welcome and attendees will receive three hours coaching, a taste of what it's like to attend a Regional Academy and a chance to watch all the action of the Australian Hockey League during the day.

If accepted into a Regional Academy, athletes will also have the opportunity to test themselves against other skilled athletes at the 2016 Academy Games.

Nomination processes and closing dates differ for each Academy, so please check the website for details.

## IGNITE . . .

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

The fundraising campaign for the refurbishment of the Science Labs now continues with the sale of the elements of the Periodic Table on our website. If you are interested you need to go to the Community tab on our site then go to the Science Lab Refurbishment tab for more details. The interactive component of the site is ready for you to make your purchase. We will also be sending out a printed card with our end of term accounts.

Watch this space for more details each fortnight about the Campaign and progress of the Science Labs Refurbishment.

## SCIENCE FACT NO. 5

**\* Why** *Is It So?*  
It can take a photon 40,000 years to travel from the core of the sun to its surface, but only 8 minutes to travel the rest of the way to Earth.

**\* \*** There is enough DNA in an average person's body to stretch from the sun to Pluto and back 17 times.

**\* \*** At over 2000 kilometers long, The Great Barrier Reef is the largest living structure on Earth.

these amazing facts can be found on: <https://urbantimes.co>



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

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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
 

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 ☐ Argon
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 ☐ Krypton
 ☐ Oxygen

☐ Mercury
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 ☐ Fluorine

☐ Helium
 ☐ Radon

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## Pastoral Care Conversation

Anna Caldwell, Director of Pastoral Care

*'Life is change. Growth is optional. Choose Wisely.'*  
Karen Kaiser Clark.

Our Year 12's are embarking on a time of change. They will soon be leaving what is familiar, routine and safe, to take off and travel the world or commence further study. This change is important as it marks the end of their childhood and their years at school. It is a right of passage, a milestone that is recognised and celebrated through our final assemblies and formal Valedictory events.

I remember my last week of school, after all our exams were finished and we only had speech day to go, as a strange time. Some of my friends were very emotional and cried all the time. Some were so excited to be starting on their next adventure that they couldn't wait for school to end. And there were some like myself who couldn't quite believe it was actually happening. I knew that it had to happen, but I wasn't as prepared for it as I could have been. I just went through the motions and then it was all over.

Change can be daunting, scary and exciting. Change can take a long time and it can also happen incredibly quickly, the political leadership change this week is a prime example! Life can be smooth sailing and then all of a sudden throw a curve ball at you when you least expect it. How we deal with these changes, feelings of uncertainty, sometimes loss and grief, can make an enormous impact on our ability to move forward, to grow and to be happy. Change involves taking risks and accepting challenges.

Change can be really good. If I hadn't decided to move from England to Australia, then I wouldn't be who I am today. If I hadn't taken a particular job in Sydney then I wouldn't have met my husband. If we as a family hadn't decided to have a tree change and move to the country, then we wouldn't be here, loving life in Armidale. These are all quite big changes, but little changes can also have a positive impact too. It can be as simple as getting a new haircut or changing to a new walking route and discovering a breath taking view.

Sadly, change can also be a negative and painful experience. The grass is not always greener on the other side and difficult situations can be hard and challenging and take its toll on us emotionally and physically. Being able to work through these times can be tough and requires a lot of support, love and care from our family and friends. Often we have to go through a time of pain and struggle to reap the benefits. The wearing of braces is a great example of this. When they are first attached they cause great pain. As the initial pain subsides, they are uncomfortable and annoying. But when the time comes to have them removed, you end up with a perfect smile. The pain was temporary but the results will last a lifetime.

Sometimes we resist change, because we are comfortable with what we know. What is it that holds us back? Fear. Fear of the unknown, of stepping out of our comfort zone. It's the 'what ifs' that creep into our thoughts that make us question our decisions and sometimes prevent us from moving forward.

'Life begins at the end of your comfort zone'. Neale Donald Walsch

The advice that I give to our Yr 12 girls is to be brave and don't fear change.

Be realistic with your expectations. Whilst we may have high hopes and aspirations we need to remember that nothing lasts forever and change is inevitable. If you set your sights too high, you have a greater chance of disappointment, loss, pain and anxiety. If you are realistic with your expectations of a change situation, then you will be able to manage anything that comes your way.

Acknowledge and accept change. Acknowledge that change is happening, own it and be proactive with it. If you refuse to accept it, live in denial and live with resistance, then you will not go anywhere and may end up dissatisfied and unhappy.

We have all heard the saying that we learn from our mistakes. I prefer to think of learning from our experiences as we can also learn from our successes. Once you have acknowledged and accepted the change, reflect on what happened and how you reacted. What could you do differently for the next time you experience a similar change situation?

Finally, realise that you actually grow stronger from your experiences, whether they are good or bad. When you are proactive with change you will receive great rewards, new friends, new jobs, a sense of calm, peace and confidence.

Year 12, enjoy your series of 'lasts' at school. Enjoy being with your friends, in a comfortable and familiar place and prepare yourself for the changes that lie ahead. The world is waiting for you, be brave and take on everything that life brings your way with courage, an open heart and a positive mind.



Golf Links Road, Armidale: 0417 957 982

### September 2015 Fun Tennis Camp

Dates	Full week - all day	Full week - ½ day	Daily cost - full day	Daily cost - ½ day
Week 1: (5 days) Mon 21 <sup>st</sup> - Fri 25 <sup>th</sup> Sept	\$200 Includes lunch	\$150	\$45 Includes lunch	\$35

**Tennis Camp will be on rain, hail or shine**

9:00am - 3:00pm for 8+

9:00am - 12:00noon for 5-7 year olds

- Improve your tennis
- Loads of fun games with tennis
- A tournament/point play session is held every day after lunch.

• **Lunches (sandwiches) are provided, fresh each day for those staying all day**



Bring a hat, sunscreen, water bottle something for morning tea and a racquet if you have one. Racquets can be borrowed free of charge.

Contact 0417 957 982 or email [peteriesurf@optusnet.com.au](mailto:peteriesurf@optusnet.com.au)

1. Childs name..... DOB..... Whole/Half Days  
Days: (Please circle) M T W T F

2. Childs name..... DOB..... Whole/Half Days  
Days: (Please circle) M T W T F

3. Childs name..... DOB..... Whole/Half Days  
Days: (Please circle) M T W T F

*If you are not already on our database, please complete the following:*

Parents Name .....

Mailing address .....

Phones: (H)..... (W).....

(Mobile) 1..... 2.....

Email: .....@.....

Any medical allergies we need to be aware of:  
.....



# Parenting *ideas*

## INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose



## Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you!" because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons it's so draining.

Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

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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## Parentingideas INSIGHTS

Building parent-school partnerships

### ... Exploring the New Frontier in Parenting ...

The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

**Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:**

#### 1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

#### 2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

#### 3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

#### 4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages\* are a type of communication used by parents and adults who take an emotions-first approach.

#### 5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

*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! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.*

Michael Grose



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