

# lion's roar

TERM 4 • 30 OCTOBER 2015 • VOLUME 252



## From The Principal

*Mrs Nicola Taylor*

This edition of the Lion's Roar once again highlights the range of opportunities available to girls at PLC Armidale. Our focus is on girls and only girls! Each activity, opportunity, adventure and experience is offered and structured in a way to enable girls to have a go, achieve, succeed, learn and grow. Even for those who haven't participated, the support and encouragement the girls show one another means these successes are shared and celebrated by all.

Congratulations to our AHIGS Festival of Speech team, a result of sixth place against such a strong field of entrants was outstanding.

Congratulations to our IGSSA Gymnasts, again competing at a very high level yet coming away with 2 gold, 1 silver, a fourth and fifth

place between them. Congratulations to our Hawkesbury Canoe Classic entrants - your demonstration of commitment, tenacity and determination is a hallmark of things positively PLC! Thank you to the staff involved with each of these groups and those who step up to teach additional classes in their absence. Thank you also to our PLC parents whose support and involvement in the wider life of the College is greatly valued.

As part of our commitment to support and strengthen the co-curricular program of the College, two additional Mirage boats were purchased and launched last weekend. I am delighted to announce they have been named "Classic Caldwell" (green Mirage) and PLC Roar! (red Mirage).

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## Curriculum Matters

*Trent Donaldson,  
Curriculum  
Coordinator*

### Year 7-10 Exams

**Good luck to all students in Years 7-10 as they complete their end of Year Examinations over the next fortnight.**

**A copy of the examination timetables can be found on the PLC Armidale website at:**

**<http://www.plcarmidale.nsw.edu.au/current-families/2015-exam-timetables/>**

**If for some reason your daughter is unable to attend an examination, please contact the school immediately and an alternative time will be organised.**



## WHS Matters

*Paula Goode, Chair WHS*

### **A gentle reminder on traffic and parking within the college grounds.**

All roads within campus are shared zones – pedestrians and vehicles, including maintenance and service vehicles, where the speed limit is to be kept at a walking pace (approximately 5 -10km/h).

Please ensure that the correct entry and exit points are used at all times, including after hours and during weekends.

Please follow the correct flow of traffic, as indicated by arrows on the asphalt and signage.

Please adhere to drop off and no parking zones within the campus.

Staff, students, parents and other guests are to park in the front car park (parallel to Crest Road) or the northern car park (entry from Duval Street).

The service road leading down from the Junior School is not to be used for general access to the school. The car parking spaces are specifically allocated for Kitchen, Maintenance and some Academic staff.

Members of the WHS Committee will be monitoring the traffic and parking.

**As a matter of safety for ALL but particularly the students at PLC, please adhere to these simple traffic rules.**

### **Matthew Minter, the new Director of Music for 2016.**

*Matthew visited PLC Armidale recently and was introduced to students at their weekly Assembly by Mrs Taylor. Matthew gave a brief background to his career and family and is very excited to be joining PLC Armidale next year.*

## calendar OF events

**2 TO 13  
NOVEMBER  
2015**

HSC Exams continue	2/11/2015
Year 7 Examinations	3-6/11/2015
Year 9 Examinations	4-9/11/2015
PLC Foundation Meeting	4/11/2015
Year 9 Science in the Bush	5/11/2015
Sports Dinner	6/11/2015
Year 5 Science in the Bush	6/11/2015
Macintyre High School Horse Sports Day	6/11/2015
Year 10 Examinations	9-12/11/2015
Year 8 Examinations	10-13/11/2015
Year 9 Excursion to Barrington	11/11/2015
Junior School RSPCA Pet Parade Fundraiser	12/11/2015
Year 11 Peer Support Workshop	13/11/2015
Kinder to Year 2 Dinner and Sleepover	13/11/2015
Peer Support Leadership Training Day	13/11/2015







## Junior School News

*Ainslie Breckenridge, Head of Junior School*

### Junior School Maths teaching and learning day

Last week Miss Kristen Tripet, an AIS K-6 Maths consultant visited our Junior School. She spent the day teaching alongside our classroom teachers and finished the day with a two-hour workshop for the staff. It was extremely beneficial for our teachers to have Kristen here, as she was able to assist our teachers in ensuring that all classes are 'working mathematically' in all types of situations. At PLC we believe in ensuring our girls are equipped with the essential 'tool box' skills in early stages. This means that girls will have the foundational skills needed to apply more complex, problem solving type activities.

Kristen is a very strong advocate for this too and encouraged us to ensure students not only know the skills but can explain and understand the 'how' and 'why' to those skills. For example, we need to be constantly asking the girls in as many contexts as possible; 'how do you know that', 'explain what you mean by that' in order for them to understand the process, not just provide a rote learnt answer. This is why we often send home activities for homework that require conversations with your daughters when it comes to maths. I would encourage you to ask your daughters as many questions as you can relating to their maths knowledge, encourage them to discuss the 'why' and the 'how' of maths. You will find the more informal discussions you have with them, the more insight you will gain about how they work mathematically.

### Presentation Evening

Our Junior School Presentation Evening will take place on November 19 at 6pm in the Ad Astra Centre. I invite everyone to come along, watch your daughters receive their books and also listen to our beautiful Choirs and Vocal Ensemble. In the past week, girls in 3-6 have been given nomination forms for Music and Sport awards. Please help your daughter fill these in and return them as soon as possible to the Mrs Young at Reception.



**PLEASE SAVE THE DATE FOR....**

## The Annual Junior School Pet Parade!

*By Natalie Brennan (Action Group Year 6 member)*

The **PLC Junior School Action Group** is very excited to announce that we have been busy organising our second annual 'Pet Parade' where students will be invited to show off their beautiful and much loved pets.

The date has been set for Thursday, **12 November**, 2015 from 2.00pm - 3.00pm. This 'ACTION' is being held to help raise awareness about, and raise funds for the wonderful WIRES organisation (Wildlife Information Rescue and Education Service). Wires is an organisation that calls on volunteers to care for sick or hurt native animals and rehabilitate them back into their natural environment.

More information will be emailed to parents later this week but get your pets ready for what promises to be a very exciting afternoon!

# lion's roar

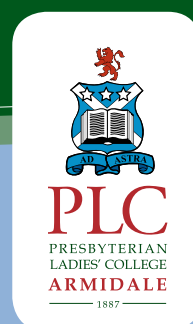
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## Woolworths Earn and Learn

**Nicola Matheson, Year 2 Teacher**

The Woolworths Earn & Learn promotion has now finished and I am excited to announce that the PLC community collected 6120 points! These will be used to purchase items for the school to help boost our resources. Once the order is complete the items will be delivered early 2016. Thank you for helping the school to collect valuable points!



## Junior School Presentation Evening 2015

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

**When:** Thursday 19 November 2015

**Time:** 6.00pm - 7.30pm

**Where:** Astra Arts Centre  
PLC Armidale



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## AHIGS Festival Of Speech 2015

*Kate Clynych, AHIGS Festival of Speech Coordinator*

On the weekend of 17 October, 12 students from Years 8, 10 and 11 travelled to Sydney to compete in the 2015 AHIGS Festival of Speech and Drama. 27 Independent Girls schools entered into the competition this year, which was hosted by Wenona Girls school. Coached by Mrs Jan Patterson and Mrs Kate Clynych, our PLC Armidale students competed in the diverse range of individual and team events that were on offer, and achieved some outstanding results.

The Year 11 team of Sara Perry, Genevieve Walsh and Laura Tindale competed in the 'Current Affairs' section, preparing a 15 minute 'Q&A' style panel discussion on their chosen topic of the issues surrounding increased shark attacks on Australian beaches, linked to the issue statement of 'The worst is yet to come'. The girls presented with flair and precision, and were engaging and entertaining to watch.

The Religious and Ethical Questions team of Zoe Swan, Ragavi Jeyakumar and Alex Hiscox were well prepared by Ms Jen Leahy, and grappled with questions such as 'Are robots capable of moral or ethical reasoning?' and 'If we have fully automated robots what will happen to the rules of war?' The adjudicator reported that the standard of delivery was extremely high in this competition, and our team were confident, well spoken and articulate in their delivery.

Individual participants were Dakotah Love and Alexandria Wright in the 'Readings' section, Brianna Robertson and Ria Kealey in the Public Speaking, and Alessandra Perry and Phebe Hunt in the 'Poetry' section.

Outstanding individual results were as follows;  
Brianna Robertson – 3<sup>rd</sup> place in Senior Public Speaking  
Alessandra Perry – 4<sup>th</sup> place in Senior Poetry  
Alexandria Wright – 5<sup>th</sup> place in Junior Readings

Based on the excellent team and individual results in all sections, PLC Armidale was placed equal 6<sup>th</sup> out of the 27 schools that participated in the festival. This was an outstanding result, and the highest team placing that we have achieved in recent years.



## Junior School Sport

*Lucy Donaldson, Junior School Sports Coordinator*

### Athletics

Congratulations to Eliza Ward who competed at the Primary NSW All Schools Athletics Championships in high jump on 15 October at Sydney Olympic Park, Homebush. Eliza jumped a personal best height of 1.48m and was placed 3<sup>rd</sup> overall out of over 30 competitors. A wonderful achievement, which now qualifies her to compete at the National Athletics Championships in Canberra, in December. Well done Eliza and good luck for Nationals!

### Summer Sport

Indoor Hockey began last week and the numbers involved have grown significantly both within PLC and the wider community. There are now three locations for the weekly games, PLC, TAS and The Den at Armidale High School, so please make sure that you take note of the locations of your daughter's games.

On Friday, all four of our indoor hockey teams played extremely well and showed that they are all going to be a force to be reckoned with this season! Please make sure that all girls turn up to their games with mouthguards, water bottles and the correct stick.



## IGSSA Gymnastics

The IGSSA Gymnastics competition was held in Sydney last Friday. PLC Armidale had four students competing in the Women's Artistic Gymnastics (WAG) part of the competition.

Emma Barnier competed in Level 7 and finished 1<sup>st</sup> on Vault, 2<sup>nd</sup> on Bars, 6<sup>th</sup> on Floor and 15<sup>th</sup> on Beam

Sophia Bohlson competed in Level 6 and finished 5<sup>th</sup> on Vault, 10<sup>th</sup> on Bars, 9<sup>th</sup> on Beam and 16<sup>th</sup> on Floor

Eva Flannery competed in Level 4 and finished 1<sup>st</sup> on Vault, 8<sup>th</sup> on Bars, 10<sup>th</sup> on Beam and 4<sup>th</sup> on Floor

Isobel Harris unfortunately suffered an ankle injury in training the day before the competition and had to withdraw. Isobel still travelled to Sydney with the team and helped the girls during their competitions.

Thank you to Terry Bohlson who was the Team Manager and also one of the Judges for the day.



## Hockey

### NSW Centre of Development

Hockey NSW is pleased to announce the return of its highly successful Centre of Development (COD) for U9s and U11s in late 2015.

With a dual focus on fun and development, the Centre of Development for Under 9s and 11s is suitable for everyone – whether they've been eagerly watching their sibling from the sidelines or are just setting out on their hockey journey.

Once again, the COD for U9s and U11s offers six hours of quality coaching sessions at your local hockey field, taught by coaches who really know the game. Plus, every participant receives a Hockey NSW Bucket Hat and, as an added bonus, one participant from each region will randomly receive a Kookaburra prize pack valued at \$100!

The Centre of Development for Under 9s and Under 11s runs from November, 2015 through to February, 2016, all at times that work around the school year. Check out the table below for full details of the timings for your area.

The cost in 2015 will remain \$80 (including administrative fees and GST).

### Hockey Centre of Development – U13 & U15

Hockey NSW is also pleased to announce the return of its highly successful Centre of Development for Under 13s and 15s Program in late 2015.

Following positive feedback from 2014, the COD will once again offer 21 hours of high-level coaching in your home region and is still suitable for the development of all players, regardless of skill level.

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This year, players will also benefit from a renewed focus on preparing athletes for all levels of hockey - from Club teams through to State teams - as well as registration into the Basil Sellers Country v City Regional Challenge and new Individual Player Plans to aid in athlete development.

Registrations open on the 28th August, 2015 and the cost will remain \$350 (Plus IMG Administration Fee turf fees may attract an additional cost).

Don't let the development stop just because the winter season has. Participants will also receive a playing singlet, shorts and socks.

### Individual Player Plans

All participants of the COD this year will receive an Individual Player Plan.

Designed in consultation with National and Hockey NSW Coaches, the Individual Player Plan is a player-specific assessment of areas of strength and those requiring improvement. Developed continually throughout the course of the program, the Plan will enable athletes to focus on specific elements of their game and continue to improve their playing for the duration of the program and beyond.

How to Register? Go to: <http://hockeynsw.com.au/>

If parents wish further information they can contact Blair Chalmers, Regional Coaching Coordinator, Northern Inland Region on 0447 186 477 or [blair.c@hockeynsw.com.au](mailto:blair.c@hockeynsw.com.au)

## P&F Post

*Deb Hiscox and Janine Ranck, Co-Presidents*

### AGM

Thank you to all the parents and friends who attended our AGM, it was wonderful to see the level of support that the P&F receives from our school community.

### The Office Bearers for 2016 are as follows:

**President/s:** Janine Ranck and Deb Hiscox

**Secretary:** Karen Hutton

**Treasurer:** Trish Shaw

**Co-Vice President/s Senior School:** Fiona Miron and Kim Taylor

**Co-Vice President Junior School:** Emma Young and Donna Keeping

**Canteen Co-Ordinator/s:** Donna Keeping and Kim Taylor

**Sponsorship Coordinator:** Vacant

**Public Officer:** Rita Brissett

**Patron:** Mrs Jenny Bailey

We look forward to working together as a team in service to our fantastic school.

### Fundraising Meeting

The P & F will hold our 'Fund Raising for 2016' meeting at 6pm on Tuesday 17 November in the PLC Boardroom. Liaison Parents from each year group are asked to attend.



Please come armed with ideas for 2016 events that would garner support from the whole school community. If a Liaison Parent is unable to make it we would expect that someone else representing that year level be in attendance, in order for suitable allocations to events to be made.

### Golf Day

This event for the P&F again proved to be a great success. We wish to thank those involved in organising and assisting on this day. We have many supporters and sponsors to also thank and will do so in detail in our next edition of the P&F Post. The Golf Club were most helpful, especially considering they were dealing with a group of gals who did not have a lot of knowledge about 'running' a Golf Day. And lastly, thank you to all of the players who participated in the day. The day had a wonderful atmosphere and that is exactly the community spirit we love at PLC.





## Development and Enrolments

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



### Scholarships for 2016 & 2017

Applications are still being accepted for Round 4 of the All Rounder and Boarding Scholarships for 2016, with allocations being determined by the end of Term. These Scholarships are for both current and future students. Applications open on December 1 for the Academic,

Music and Visual Arts Scholarships for 2017. The examination date for these is Monday 22 February, 2016. Please see the item included in this edition of the Lion's Roar. However, should you wish to know more details at this stage, please contact our friendly Enrolments Manager Sally McCook, on 6770 1727 or send an email.

### Experience Early Stage One - Kindergarten or Pre-Kinder

Each of our current Pre-Kinder girls has been invited to spend some time in the Kindergarten classroom this term, where they will have the opportunity to gain a real insight into what lies ahead in 2016. We have also invited members of the community who have daughters in this age group, to come along on a day that suits them, so that they too are able to experience a day as a PLC Armidale junior school student. Should you know of any families interested in a similar experience, please encourage them to contact Sally.

### Publications

We are currently finalising the Green Tartan magazine which should be available in late November, as well as collating details for the annual Ad Astra publication which will be printed and distributed at the start of the 2016 school year.

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

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Visit by  
Hannah Fraser,  
past student  
(2008)



PLC Armidale Old Girl Hannah Fraser made a special visit to Assembly last Monday.

Hannah graduated from The Sydney Conservatorium of Music in 2013 and is currently employed by The Song Company as their full-time mezzo soprano.

Our girls and staff were treated to a wonderful guest performance which was enjoyed by all.



Your girls can

# flourish

at PLC Armidale



### SCHOLARSHIPS AVAILABLE

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

**2017 Academic, Music & Visual Arts Scholarships** - Applications OPEN December 1

**Special Bursary available for Rural families in 2016**  
Talk to us before November 30.

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

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## A Letter from the Chair of the Ignite Fundraising Committee

Dear PLC Armidale Community,

**RE: IGNITE update**

Firstly, thank you for reading this important update about the IGNITE initiative.

The fun, science night organised by the PLC Armidale Science & Ignite teams was an incredible success in both initiating the fund raising process and for showcasing why SCIENCE is vital to our girls at PLC Armidale. On that night we achieved 65% of our target and have raised a further 10% since then. I sincerely thank each and everyone for all your kind donations, big and small, and continued support.

I am writing to remind you that we are not there yet.

We are at the 75% mark of our target and it is essential to our girls' education to complete this project, which is scheduled for completion by the start of the 2016 school year. As I spoke about the importance of science in our lives on the night, I can only reinforce my commitment to the project and encourage you all to "Do your bit for the future", invest a little of your money in this innovative initiative by purchasing an element of the PLC Armidale Periodic Table.

Your element will be part of the Donors Recognition Board, which will be located at the entrance to the science building (a large periodic table with the elements on one side and the donating family on the other), as well as being recognized on the website and in other PLC Armidale publications.

When large corporations offer to establish infrastructure in a country they engage with the local villages and the first item that is built is always educational institutions for women and young men. We need to use every opportunity, every advantage to further the education of our girls, the WOMEN of the next generation and the leaders of the future. I ask that you look at this as an opportunity to help our girls reach their full potential.

Please log onto the PLC Armidale website, click the IGNITE link and invest a little money for your daughter's future.

Sincere thanks

Greg Cotterell

Chair, IGNITE Fundraising Committee

### 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.



Photos showing progress on the renovation of the Science Labs.



1

H

Hydrogen

3

Li

Lithium

11

Na

Sodium

19

K

Potassium

37

Rb

Rubidium

55

Cs

Cesium

87

Fr

Francium

4

Be

Beryllium

12

Mg

Magnesium

20

Ca

Calcium

38

Sr

Strontium

56

Ba

Barium

88

Ra

Radium

2

He

Helium

10

Ne

Neon

18

Ar

Argon

36

Kr

Krypton

54

Xe

Xenon

86

Rn

Radon

5

B

Boron

13

Al

Aluminium

21

Sc

Scandium

29

Cu

Copper

31

Ga

Gallium

49

In

Indium

67

Er

Erbium

81

Tl

Thallium

99

Es

Einsteinium

113

Uut

Ununtrium

6

C

Carbon

14

Si

Silicon

22

Ti

Titanium

30

Zn

Zinc

32

Ge

Germanium

50

Sn

Tin

68

Ho

Holmium

82

Pb

Lead

100

Fm

Fermium

114

Fl

Flerovium

7

N

Nitrogen

15

P

Phosphorus

23

V

Vanadium

33

As

Arsenic

51

Sb

Antimony

69

Tm

Thulium

83

Bi

Bismuth

101

Md

Mendelevium

115

Uup

Ununpentium

8

O

Oxygen

16

S

Sulfur

24

Cr

Chromium

34

Se

Selenium

52

Te

Tellurium

70

Yb

Ytterbium

84

Po

Polonium

102

No

Nobelium

116

Lv

Livermorium

9

F

Fluorine

17

Cl

Chlorine

25

Mn

Manganese

35

Br

Bromine

53

I

Iodine

71

Lu

Lutetium

85

At

Astatine

103

Lr

Lawrencium

117

Uus

Ununseptium

10

Ne

Neon

18

Ar

Argon

26

Fe

Iron

36

Kr

Krypton

54

Xe

Xenon

86

Rn

Radon

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.

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

create your own @ \$500 each

## PLC ARMIDALE SCIENCE LABS REFURBISHMENT CAMPAIGN

### Periodic Table Sale of Elements

#### There are four different opportunities:

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

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

☐ Hydrogen
 ☐ Argon
 ☐ Nitrogen

☐ Nickel
 ☐ Krypton
 ☐ Oxygen

☐ Mercury
 ☐ Xenon
 ☐ Fluorine

☐ Helium
 ☐ Radon

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

#### You will receive:

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

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

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A joint project of the  
PLC Armidale Foundation, P&F,  
Old Girls' Union and the  
College, united in  
a mission to provide the best  
possible facility from which our  
future Scientists will flourish.

#### DONATE NOW

by direct deposit to the  
PLC Armidale Foundation:

BSB: 032 607

Account No: 142722

Reference: Full name

or go to

[www.plcarmidale.nsw.edu.au](http://www.plcarmidale.nsw.edu.au)



# Messing around in boats!

## Hawkesbury Canoe Classic 2015.

This year we had 10 girls enter and complete the gruelling 111km Hawkesbury Canoe Classic, the 39<sup>th</sup> running of the event, which is the longest non-stop canoe event in Australia. Apart from being a marathon sporting challenge, it is also a major fundraising event for the Arrow Bone Marrow Transplant Foundation.

### Year 10:

Georgia Hutton & Emma Ranck  
Anna Finney & Lucy McDonald  
Alex Hiscox & Kiera Shaw

### Year 11:

Sophia Bohlson & Simone Foley in Year 11

Combined school teams:

Tara Murray paddled with her cousin Lachlan Knowles  
Dakotah Love paddled with Dom Pillon

The Hawkesbury Canoe Classic starts at Windsor and winds its way along the river all the way to the finish at Brooklyn. Most paddlers and land crew travelled down on Friday and stayed at the Avina Caravan Park, with our first team meeting being held just after breakfast. Once we were all at Windsor, it was all hands on deck, setting up the boats, registering and going through scrutineering, where everything was checked by the Hawkesbury Canoe Classic organisers and volunteers.

After two more briefings, power naps, impressive hand strapping and a final check, it was time to get the boats on the water. Our crews set off at 4.15pm with a rousing cheer from our incredible landcrew team. The paddlers left Windsor and made their way along to Sackville where we all had dinner. After changing into dry clothes they hopped back into their boats for the 34km leg to Wisemans Ferry.

The crews were all in great spirits when they came in to Wisemans Ferry in the wee hours of the morning and showed a depth of courage and determination despite being tired and sore. They all successfully completed the marathon event, coming into Brooklyn in time for breakfast, a massage and some well earned sleep.

Between PLC, TAS, NEGS and UNE, Armidale made up a large contingent of the total number of paddlers in the event this year, with the schools alone having 69 paddlers out on the water. It is a very special community event, where we are all working together as one team, with a common goal.

PLC purchased two new Mirage boats this year that were paddled for the first time at the Hawkesbury.

Congratulations to everyone for your fabulous efforts!

### New HCC Record!

Congratulations to Dakotah Love and Dom Pillon who set a new record for the Mixed Junior Long Rec 2, in a time of 17 hours, 50 minutes and 2 seconds

Thank you to everyone involved, especially to Mr Tim Wheaton, who oversaw the organisation and logistics for all of us in Team Armidale.

### Overall times and handicapped times:

Lucy and Anna - 17 hours, 58 mins and 59 secs – handicapped to 14.43.59

Kiera and Alex – 18 hours 2 mins and 23 secs – handicapped to 14.47.33

Dakotah and Dom – 17 hours 50 mins and 2 sec handicapped to 16.03.01

Georgia and Emma - 17 hours, 58 mins and 21 secs handicapped to 13.28.45

Simone and Sophia – 18 hours 39 mins and 58 secs handicapped to 13.59.58

Tara and Lachie – 17 hours, 8 mins and 55 secs handicapped to 14.03.42







## Pastoral Care Conversation

*Anna Caldwell, Director of Pastoral Care*  
**Potatoes, Eggs and Coffee Beans.**

Over the weekend I heard an inspirational quote and coincidentally the same day read a very similar story, all about potatoes, eggs and coffee beans.

The quote was: "The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances".

The story goes: Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen and filled three pots with water and placed each on a high fire. Once the three pots began to boil he placed potatoes in one pot, eggs in the second and ground coffee beans in the third pot. He let them sit and boil without saying a word to his daughter.

The daughter moaned and impatiently waited, wondering what he was doing. After about twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to his daughter, he asked, "what do you see?"

"Potatoes, eggs and coffee," she hastily replied. "Look closer", he said "and touch the potatoes". She did and noticed that they were soft. He then asked her to take an egg out and break it. After pulling off the shell, she observed that the egg was hard boiled.

Finally he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this all mean?" she asked. He then explained to her that the potatoes, eggs and coffee beans each had faced the same adversity, the boiling water. However, each one reacted differently. The potato went in strong, hard and unrelenting but in boiling water, had become soft and weak.

The egg was fragile with the thin outer shell protecting its liquid interior until it was placed in the boiling water and then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which one are you?" he asked her. "When adversity knocks on your door, how do you respond? Are you a potato, an egg or a coffee bean?"

In life things happen around us, things happen to us but the only thing that truly matters is what happens within us.

Life is a journey. It is dynamic, in that it is constantly changing with challenges, opportunities and obstacles greeting you at every turn. The only constant in your journey is you, so how you deal with the ups and downs is up to you and what you are made of, your inner strength. Inner strength is also known as will power, self-discipline, stamina and persistence.

*"If you are weak inside, you will be battered about like a rowboat in a hurricane. But those who cultivate inner strength are able to weather any storm". Kevin Daum.*

To build our inner strength, we need to know who we are. We need to be comfortable in our own skin and stay strong in our beliefs and values. We need to know our strengths and use them with everything that we do. When we know who we are, our

confidence grows and the more content we are and more able to cope with the ups and downs we experience along our journey.

I believe that we actually need to be a mixture of the potato, egg and coffee in order to cope with whatever challenges life brings our way. Sometimes we need to be soft like boiled potatoes, but being soft doesn't mean we are weak. We also need to be hard like the boiled egg, but not hard in a negative sense but in a strong and resilient way (boiled eggs also bounce quite well)! And we all change and grow through our experiences and adapt to our new circumstances, like the coffee when mixed with boiling water.

This term our girls are all going to experience a variety of challenges, whether it be sitting their end of year exams, abseiling or surfing on camp, working towards their next lifesaving award level or performing in Guild Drama. All part of life's experiences that everyone will react and respond to differently.

Having spent all weekend with an incredible group of our girls and their parents at the Hawkesbury Canoe Classic, I know that our PLC girls are made of the right stuff; perseverance, determination, true inner strength and grace. They are a good mix of the potato, the egg and the coffee, and my goodness did we need coffee to keep up with them on Saturday night!

*"You never know how strong you are, until being strong is your only choice". Bob Marley*



*Clockwise from above:  
Julia Chambers, Saskia Kennett,  
Amanda Kennett.*

## Inter Schools Horse Extravaganza at AELEC Tamworth (ISHE)

Congratulations to all our PLC Armidale girls who participated in this year's ISHE event in Tamworth.

It was great to see the commitment, enthusiasm and improvement in each of our riders: Saskia Kennett, Rebecca Marquardt, Claire McLachlan, Matilda Waterson and Julia Chambers.

Many thanks to PLC parent, Amanda Kennett for again doing an outstanding job to assist our girls and the event itself.

PLC Armidale sponsored the inaugural Rookie Awards for both Senior and Junior riders with Calrossy receiving both awards. Congratulations to PLC Armidale student, Julia Chambers who rode consistently well throughout the four days and gained a place in her Senior division.





# Parenting *ideas* INSIGHTS



## Building parent-school partnerships

WORDS Michael Grose

# What to say when kids become anxious

## 7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

**When you see anxiousness take hold here are some things that you can say that will help your child cope:**

*"You're okay. I'm here and I won't be going anywhere."*

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

*"You don't have to do anything right now. Just breathe."*

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiousness, but let it pass. The less children fight

anxiousness, the more likely it is that the feeling will go.

*"Let's go for a walk and see if we can take some big breaths."*

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child's body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they've practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

*"Take some big, deep breaths. I'll do it with you."*

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

*"I'd like to understand what your worry feels like for you. Can you teach me?"*

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to

verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

*"What would you say to a friend who was going through what you go through?"*

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

*"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiousness."*

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Michael Grose 



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



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