

# lion's roar

TERM 3 • 16 SEPTEMBER 2016 • VOLUME 268



## From The Principal

*Mrs Nicola Taylor*

I have recently completed a series of interviews with our current Year 12 students. In an age where young people are often maligned for being selfish, self-centred and aimless, how refreshing to meet with a cohort of senior students who have expressed gratitude for the education they have received, appreciation to their families for providing this opportunity and a commitment to bring a return on this investment in the future. When asked what have they valued most about their time at PLC, a common response was the quality of the teaching they have received. Appreciation for teachers who have invested in them, for teachers who have pushed them to persist, improve and grow - for teachers who have genuinely cared.

Another refrain was the strength of friendships formed and forged within the year group through shared experiences; not all of them easy, not all of them friendly and not all of them positive. A number of the girls spoke of how fractured a year group they once were, with lots of friendship issues, relational aggression and

general unhappiness. However, by learning how to be honest with one another, seeing the diversity in their group as a strength not a weakness and each taking responsibility for the impact of their words and actions on others, they are now finishing school as a cohesive and closer group of peers and friends. These are life lessons, part of the part of the hidden curriculum of a school, but very much a preparation for future interactions where such skills are necessary to navigate a complex social world.

We wish Year 12 well as they conclude their formal daily attendance at school next week and look forward to commemorating their accomplishments at the Valedictory Assembly and Dinner. The completion of the HSC examinations early next term will mark the official completion of more than a decade of schooling. However, it marks the commencement of a new chapter ahead for each girl. In the words of Ralph Waldo Emerson, "Do not follow where the path may lead. Go, instead, where there is no path and leave a trail..."

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# calendar OF events

**16 SEPTEMBER  
TO 13 OCTOBER  
2016**

IGSSA Hockey/Netball Semi Final/Final	16-17/9/2016
Year 7 Experience Day and Sleepover (for Boarders)	16/9/2016
Musica Viva Concert - Seraphim Trio with Trumpeter	18/9/2016
Year 11 Legal Studies Excursion to PLC Sydney	18-19/9/2016
Cattle Team to New England Premier Beef Fest	20/9/2016
Years 7 and 8 NSW All Schools Touch Football	20/9/2016
Year 11 Legal Studies Excursion to PLC Sydney	20/9/2016
Boarder Farewell to Year 12 Dinner	20/9/2016
Cattle Team to New England Premier Beef Fest	21/9/2016
Year 12 Final Day	21/9/2016
Years 9 to 11 Batyr Presentation	22/9/2016
Valedictory Assembly	22/9/2016
Valedictory Dinner	22/9/2016
K to Year 11 Batyr/Guild Sport Day	23/9/2016
Guild Activities	23/9/2016
End of Term 3 - Boarders depart (AM)	23/9/2016
Fiji Service/Learning Trip	23/9 - 2/10/2016
Bronze/Silver/Gold Duke of Ed. Expedition	24 - 27/9/2016
Year 11 Thailand Service Learning Trip	25/9 - 3/10/2016
Musica Viva Concert - USA Violin & Piano Duo	8/10/2016
Boarders Return - PM	9/10/2016
School Resumes for Term 4	10/10/2016
Prefect Induction Assembly	10/10/2016
ISHE 2016 Inter-Schools Extravaganza	13-14/10/2016
PLC Armidale P & F Meeting	13/10/2016
HSC Exams commence	13/10/2016

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## Senior School Notes

*Anna Caldwell, Head of Senior School*

### Farewell to our Year 12's

Next week our Year 12's will be finishing school. This next phase of their lives is important as it marks the end of their childhood and their years at school. It is a rite of passage, a milestone that is recognised and celebrated through our final assemblies and formal Valedictory events, which will be held next week.

I would like to take this opportunity to wish them all well with their HSC Examinations and in all their future endeavours.

### Drink Bottles

A reminder that all students are allowed to carry water bottles with them to each of their classes throughout the day. This is not only for their overall health, but reduces the time out of class when students leave to get a drink of water.

Please ensure that the bottles are plastic, not glass, and have a drinking spout/ closed lid to prevent spillages. Please ensure that all water bottles are washed regularly.

### Term 4

Term 4 starts on Monday 10<sup>th</sup> October, with boarders returning on Sunday 9<sup>th</sup> October. Monday will start at 8.45am with roll call in pastoral care classes and then our Commencement Assembly at 9am. Classes will resume as normal after the assembly. Term 4 Week 1 we start back in Week A on the timetable.

### Uniform

All students will return to school in their summer uniform.

This includes the tartan summer dress, green or red jumper, Blazer, hat, white socks and black school shoes. Green or red hair ribbons and regulation jewellery.

### Prefect Induction Assembly

The Prefect Induction Assembly will take place in the Commencement Assembly on Monday 10<sup>th</sup> October. After this assembly, all of Year 11 will participate in a Leadership Training Day.

## Highland Dancing

At the recent New England Burns Club Highland Dancing competition, Emily Seaman placed 2nd in the Sword Dance and Seann Triubhas, and placed 3rd in the Irish Jig in the Restricted Premier section.

Well done Emily!



## CIS Athletics Gold!

News just in... Sienna Dellow won GOLD and BRONZE at CIS Athletics in Sydney on Tuesday. Sienna blitzed the field in the 200m, and also had a super run in the 100m coming third. Sienna is through to State in both events.

Charlotte Portell has also had an amazing day, coming 5th in the 100m final for 100m (missing out on State by just one place).

Well done girls!





## AUSTRALIAN GEOGRAPHY COMPETITION 2016

Geography students from PLC Armidale tested their geographical skills and knowledge against students from all around Australia in the 2016 Australian Geography competition.

Over 65,000 students from 670 schools entered the competition so the results give us an external benchmark as to how our students are going in certain aspects of geography.

The Competition aims to encourage student interest in geography and to reward student excellence.

The Competition is a joint initiative of the Australian Geography Teachers' Association and the Royal Geographical Society of Queensland and in NSW it is sponsored by Macquarie University.

### YEAR 7:

#### High Distinction:

Rachel Kenrick

#### Distinction:

Georgia Donoghue

#### Credit:

Georgia Butler

### YEAR 8:

#### High Distinction:

Kathryn Allen

Lucinda Ball

#### Distinction:

Alice Berry

Caitlin Hansford

Jessica Li

Chloe Vanderwolf

#### Credit:

Lily Coleman

Thurkka Jeyakumar

Aaliyah Johnston

Lily Neilson

Shelby Philp

Isabelle Taylor

Paris Whibley

### YEAR 9:

#### High Distinction:

Ella Atkin

Holly Butler

Emma Pearce

#### Distinction:

Phebe Hunt

Alexandria Wright

#### Credit:

Isla Biffin

Mia Emanuel

Safina Ireland

Ria Kealey

Grace Lehman

Alice Mcrae

Gracen Moore

Elinor Warwick

### YEAR 10:

#### High Distinction:

Julia Chambers

Gabriella Parsons

#### Distinction:

Sarah Askey

Georgia Breckenridge

Darcy Campbell

### Paige Jackson

Amelia Newton

Sarah Vivers

Helen Waters

#### Credit:

Sarah Tremont

Amber Whibley

Mackenzie Wood

### YEAR 11:

#### Distinction:

Anna Finney

Catherine Hyne

#### Credit:

Emma Ranck

### YEAR 12:

#### High Distinction:

Emma O'Donoghue

#### Credit:

Annaliese Harrington

Laura Tindale



## Junior School News

*Ainslie Breckenridge, Head of Junior School*

As this is our final Lion's Roar for Term 3, I would like to take this opportunity to thank all our PLC families for another great term. Our girls have experienced, learnt and collaborated on many things this term and I hope that you all have a lovely two weeks rest and come back ready to tackle Term 4 together.

### Sport

As our winter teams come to the end of their season, I would like to congratulate all girls who have participated in Saturday team sport this term. They have played hard, displayed great sportsmanship and most importantly they have developed strong team building skills.

Being part of a team and learning how to cope with the dynamics that occur in a team situation are essential skills for a child's social development. In a team situation, the girls learn to share, negotiate, delegate, encourage each other, understand that constructive feedback is not 'being mean' and most importantly they have learnt to enjoy the sport together.

I would like to thank all our parents who support the girls every weekend on the sidelines. Through sleet, wind, sun and rain, your presence has been much appreciated. Our coaches have been fantastic too in developing positive approaches to training and skill development.

Mrs Donaldson has been busy putting together the summer sport teams and it is so encouraging to see many names down for indoor hockey, basketball and touch football. Please return any sport contracts as soon as possible to Mrs Donaldson. I look forward to another season of great team work and skill building.

### Uniforms

A reminder that the girls return in Term 4 wearing their summer uniforms. This includes blazers and white hats please that are clearly named.

If you have been missing clothing, please come and look through our lost property in the Junior School as we have a huge selection of uniforms, blazers, jumpers, lunch boxes etc. without names. We will be donating any unclaimed pieces of uniform to the clothing shop at the end of the term.

On behalf of all us in the Junior School, we wish you a safe break and we look forward to seeing you in Term 4.



## AUSTRALIAN HISTORY COMPETITION (Year 8 and Year 10)

*Maureen Brown - HSIE Coordinator*

This competition is a challenging and worthwhile educational experience with an emphasis on the requirements of The Australian curriculum.

28,000 students from all areas of Australasia participated in 2016 and these results are a credit to our girls.

### YEAR 8:

#### High Distinction:

Jessica Li

Chloe Vanderwolf

#### Distinction:

Kathryn Allen

Lucinda Ball

Shelby Philp

#### Credit:

Lily Coleman

Eva Flannery

Lucinda Fulloon

Caitlin Hansford

Claire McLachlan

Paris Whibley

### YEAR 10

#### Distinction:

Darcy Campbell

Julia Campbell

Sarah Vivers

#### Credit:

Sarah Askey

Georgia Breckenridge

Paige Jackson

Gabriella Parsons

Lucy Quast

Chloe Stier

Helen Waters



# FATHERS DAY BREAKFAST

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## Junior School Sport

*Lucy Donaldson, Junior School Sports Coordinator*

### IPSHA Athletics

On Sunday, 28 August, 23 PLC Junior School girls travelled down to Sydney with Mrs Donaldson to compete at the IPSHA athletics carnival. One of our biggest teams to date and they all performed so well up against the best of the Sydney independent primary schools. There were many heat ribbons received, PB's and smiling faces. It is such a great experience for the girls to run on the Olympic track - which is now blue! Well done to each and everyone of the girls who made us all so proud! A special congratulations to Sienna Dellow and Charlotte Portell who have both qualified for CIS which is the next level of competition - what an amazing achievement!



## Sydney Olympic Park Athletic Centre



### CIS Athletics

Congratulations to Sienna Delow and Charlotte Portell who have both qualified for CIS athletics after their outstanding performance at the recent IPSHA athletics carnival. Sienna came 3rd overall in the 10 years 100m (out of 106 competitors) and 1st overall in the Junior 200m (out of 100 competitors). Charlotte came third overall in the 9 years 100m (out of 102 competitors). We wish the girls the best of luck on the 14th September!

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### Athletics Training

Numerous PLC girls have already begun training with the Armidale Athletics Club. They have lots of different options for training sessions to suit the needs of most, which are held at the Harris Park fields. They also run free field event training sessions on Sundays. For more information, visit their website or facebook page.

### Netball

It has been a great season for our Junior School netball teams

Congratulations to PLC Red who have made the grand final. Best of luck on the 17<sup>th</sup> September!

Our Net Set Go team had their last week of games on Saturday where they played in a round robin competition, followed by their presentation. Well done to all of these girls whose skills have improved immensely throughout the season.



### Hockey

**U9's:** Our two U9's teams, The Cubs and Kittens, had a fabulous season of hockey. There were lots of new faces this year and 'first-timers' to hockey. Each week they showed great sportsmanship and improved skills. The last week was a round robin competition followed by a sausage sizzle and presentation.

**U11's:** The U11's team played their last game on Saturday and finished the season with a well deserved win! They have also had a successful season of hockey. Well done girls.

**U13's:** Well done to the U13's team who came third overall and made it through to the semi finals where they were narrowly defeated by St John's.







## Music Notes

*Matthew Minter, Director of Music*

### Starry Night of Music

The excitement before the Starry Night of Music was palpable. This year was particularly exciting for Year 7 who made their inaugural orchestral debut! Every student in Year 7 has been learning an orchestral wind, brass or percussion instrument this year under the guidance of a team of tutors who run small group tutorial classes every Wednesday as part of the regular class music program. So it was that at 5:15pm, to my delight, I saw the girls of Year Seven running from all directions, carrying their instruments, as they couldn't wait to arrive at the concert and experience the buzz of performance.

The 54 piece orchestra, including all of Year 7, as well as the Senior Strings, the Wind Ensemble and members of the newly formed Junior School Instrumental Program started the evening with a bang.

After the orchestra, the girls of PLC Armidale presented a fine program of works showcasing their talents and enthusiasm for Music. From

the adorable K-2 choir to the highly experienced and accomplished string and vocal ensembles it was a delightful evening.

As I experienced my first PLC Armidale Starry Night of Music I couldn't help but reflect upon the exceptional standard of performance, as well as the quality and diversity of repertoire presented. The program included fine chamber music, an operatic overture, Classical and Baroque concertos and a variety of great choral repertoire. Composers such as Beethoven, Bach, Mozart, Vivaldi, Benjamin Britten, featured alongside several works by leading Australian composers. This is the kind of program that reflects the quality and integrity that defines PLC Armidale.

Congratulations to all involved and thank you to the staff and P&F who worked behind the scenes to make the evening run so smoothly. I am looking forward to next year already!





# Northern Region da Vinci Decathlon

Jacquelyn Whitland, Learning Support Teacher

Recently, six teams of students from PLC Armidale competed in the Northern NSW da Vinci Decathlon held at The Armidale School. During the course of this academic decathlon, teams from across the state participated in ten academic challenges designed to stretch their knowledge, creativity, problem solving skills, and teamwork in the disciplines of English, Mathematics, Science, Philosophy, Art & Poetry, Engineering, Creative Producers, Cartography, Code Breaking, and General Knowledge.

As well as achieving wonderful competition results, each of the PLC Armidale teams approached the exceptionally difficult academic challenges with positivity and persistence, demonstrating problem-solving, team-work and interpersonal skills of which they and the College community can be proud. It was an absolute delight to see our girls so engaged with both the content and the community of the da Vinci Decathlon across such a rigorous and demanding day.

Year 5 was represented by Gabriella Cotterell, Harriet Gilpin, Mackenzie Robertson, Laura Smitham, Emily Thompson, Maggie Vanderwolf, Lucy Young and Catie Alcorn who were awarded 3rd place in the Philosophy Challenge, 2nd place in both the English and Code Breaking Challenges, and 1st place in the Creative Producers Challenge.

Year 6 was represented by Nina Breckenridge, Pip Constable, Emma Dauparas, Mary Flannery, Heidi Martin, Naomi Martin, Destiny Mills and Amelia Wake who were ranked 2nd in three challenges - Mathematics, Science, and Philosophy.

Year 7 was represented by Natalie Brennan, Sienna Catterall, Georgia Donoghue, Eva Goswell, Rachael Kenrick, Emily Peet, Pearl Rogers and Annabel Sevil who placed 3rd in the Engineering Challenge, 3rd in the Code Breaking Challenge, 3rd in the Art & Poetry Challenge, 1st in the Creative Producers Challenge and came in 3rd place overall.

Year 8 was represented by Lucy Ball, Lily Coleman, Lucy Fulloon, Sarah Hughes, Thurkka Jeyakumar, Jessica Li, Lily Neilson and Chloe Vanderwolf who were ranked 3rd in the Art and Poetry Challenge, 2nd in the Philosophy Challenge and 1st in the General Knowledge Challenge.

Year 9 was represented by Isla Biffin, Holly Butler, Mackenzie Constable, Ria Kealey, Lucy Martin, Gracen Moore, Emma Pearce and Elinor Warwick and were awarded a place in six of the ten sections. They achieved 3rd place in Cartography; 2nd place in both Science and Philosophy; and 1st place in Mathematics, Art & Poetry, and English. This team also placed 2nd overall in the Year 9 division.

Year 10 was represented by Sarah Askey, Georgia Breckenridge, Darcy Campbell, Julia Chambers, Jessica Hughes, Amelia Newton, Gabriella Parsons and Chloe Stier who placed 3rd in the English Challenge, and 2nd in both the Art & Poetry and Cartography Challenges.







## Boarding House News

*Freya Bartlett and Zoe Swan*



It is the time of year when we say goodbye to the Year 12 boarders! As the Year 12 Boarding House Captains for 2016, we wish every girl the best of luck during the rest of their schooling and hope that they continue to have fun and enjoy life at the boarding house. Thank you to everyone who has made our years here amazing. The dedication of the boarding house staff is what makes the boarding house a home away from home and both of us have loved living here with the girls. (We especially loved the volleyball and Ping-Pong games!)

We've had a lot of fun over the years that we've been in the boarding house with a few personal favourites being the annual Coffs Harbour trips and the themes nights such as Carnival night and Fairies and Ferals night. Being able to help organise and run these events has been an amazing part of our boarding house experience and it's been great to see everyone willing to join in and help out. We've enjoyed getting to know every person who has come through the boarding house in the years we've been here and we wish the 2017 boarding prefects good luck for next year. This is a fun position that is like no other in the school. So thank you everyone for making our year as boarding prefects such a special and enjoyable one!



## oeuvre

Congratulations to all the girls who have prepared major independent works for their HSC in the areas of Music, Visual Arts and Design and Technology. These works were beautifully displayed on Tuesday 6 September to an appreciative crowd who enjoyed the superb food and drinks prepared by Mrs Saroj Kumar and her Hospitality students.

After the showing of the outstanding Visual Art works and Design and Technology major projects, Jessica Tan, Isabella Post and Syrana Glen performed a beautiful one hour recital program of their HSC works.

The markers from the Board of Studies have been visiting our school on Tuesday, Wednesday and Thursday this week marking the Music and Design and Technology works. The art works have been sent to Sydney for marking and will return later in the year after the examinations have finished.



NSW  
**bike week**  
Proudly supported by Transport for NSW

Transport

Get a team!  
for the 2016

September  
17-23<sup>rd</sup>

**COMMUTE**  
*challenge*

How far can you ride during bike week?  
Ride. Log your trips. Win prizes!

- Register yourself or your team at [slaati.org/bikeweek](http://slaati.org/bikeweek)
- To register enter your name, email and create a password
- To register a team, have one person create a team name. Other team members can then join that team name.
- Teams must be comprised of 3-8 riders
- Log your Bike Week commutes online through an easy form
- Have fun, Be safe, and Get pedaling!

 **Armidale**  
Regional Council

17-25th September 2016 For more information visit [slaati.org/bikeweek](http://slaati.org/bikeweek)

## BIKE WEEK 17<sup>TH</sup> -25<sup>TH</sup> SEPTEMBER

### *Commute Challenge and Pedal to Piney*

Building on the success of these events over the last 3 years we are encouraging all cyclists to register their trips during Bike Week and to join in the **"Pedal to Piney"** on Sunday the 25<sup>th</sup> of September. It's time to talk amongst colleagues at work or your social network and form groups for the **Commute challenge**. If you were in a group last year or part of a group for the Tour de Rocks perhaps this could be your group again. We would like all to participate, so if not part of a group we still encourage you to register your rides as it will add to our database and help present the statistics to relevant government organisations.

Register at: <http://slaati.org/bikeweek/indexcc.php>

Bike Week will culminate with a community cycle to the Pine Forest on Sunday 25<sup>th</sup> September -**Reserve that date**. This year we will have access to the Pine Forest picnic area with drinks, lunch and entertainment.

Watch for details in local media or at <http://slaati.org/> as BIKE WEEK approaches.

The Transport Group of Sustainable Living Armidale.

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## Armidale Regional Youth Awards 2016

The local Youth Council are running some Youth Awards. Anyone 12 – 24 years can be nominated and young people can also recognise the help and support that youth workers, teachers and coaches have given them.

Young people can be nominated in 5 different areas – community service, academic, sport and recreation, business and the arts including music, dance, drama etc.

Please consider nominating a young person today! Nominations are due on September 20

More information including nominations forms are attached or can be found online, <http://www.armidaleregional.nsw.gov.au/community/community-support/children-young-people/armidale-regional-youth-awards-2016>



### **Armidale Little Athletics**

All registrations online at:

[www.lansw.com.au](http://www.lansw.com.au)

**Come and try Days**

Thursdays

8<sup>th</sup> October

and

15<sup>th</sup> October

4-6pm

Harris Park Club house, Kirkwood Street, Armidale

Cost: \$80 per athlete plus uniform

*New registrations please bring proof of age*

Contact: [secretary@armidalelac.org.au](mailto:secretary@armidalelac.org.au)

Website: [www.armidalelac.org.au](http://www.armidalelac.org.au)

# NIAS Applications

**Are you someone who is passionate about developing their potential both on and off the field?** Are you looking for your opportunity on the pre-elite sporting pathway? The Northern Inland Academy of Sport (NIAS) will open applications for our 2017 Programs from 1st September. **Sports for 2017 include:**

AFL

Basketball (boys and girls)

Football (boys)

Golf

Hockey (boys and girls)

Lonestar (Individual sports)

Mountain Biking

Netball

Rugby League

Rugby Union U14s - 15 a side

Rugby 7s U17s - boys and girls

Tennis

All NIAS athletes are provided with specialist coaching and support, holistic athlete development, clothing pack, touring opportunities beyond our region and the annual Academy Awards. **For more information please visit [www.nias.org.au](http://www.nias.org.au) or phone 67 66 25 26.**





## Development and Enrolments

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



### What a "Worldwind" tour ... the annual Junior School Open Afternoon

From the moment the girls arrived on Flight 1509, PLC passports in hand, they were shown the world! From Oceania to Scandinavia, and from Asia to Europe and the Americas, over two hundred current and prospective PLC Armidale students enjoyed travelling the world in just a few hours. Along with the various relevant cultural activities in each room (or continent), the girls enjoyed sampling the various cuisines and treats from the many cultures of the world.

Congratulations to all the Junior School staff for their time, dedication and enthusiasm in making yesterday's PLC Armidale Junior School Open Afternoon such an amazing success. The sheer excitement on the girls' faces was priceless and certainly worth all the effort. Not only did the girls and staff have lots of fun, the afternoon also went a long way to understanding and appreciating what it is to be a global citizen in the 21st Century. The attached photos speak for themselves!

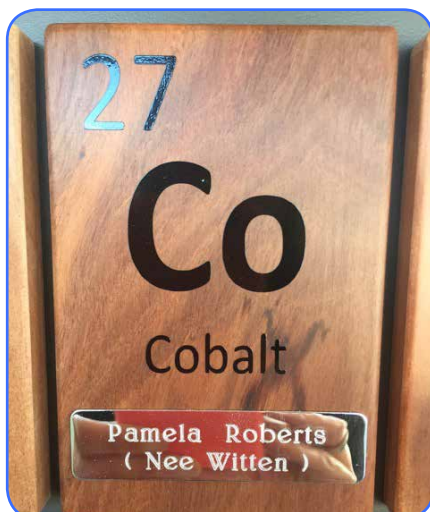
### Year 7 (2017) Experience Day

Today we are hosting one of the largest contingents of potential Year 7 students that PLC Armidale has had in quite sometime. Together with our current Year 6 students, the girls are sampling life as a Year 7 student in our Senior School, experiencing the different learning environment and structure, along with attending some subjects for the first time. We hope the girls go home raving about the day they have enjoyed with their peers and experiencing a sample of what life will be in Senior School next year. Many thanks to our staff who took classes or assisted in some way in ensuring that the girls had the BEST experience ever!

### IGNITE ... Have you seen our magnificent timber PLC Armidale Periodic Table yet?

Have you had a chance to have a look at the newly refurbished Science Labs yet? Please take time to come and have a look at the Labs and the PLC Periodic Table, which hangs on the wall outside the Foundation Science Wing. Expertly crafted by PLC Armidale staff member, Mr Jason Browne, you will not be disappointed with the \$300 per element price tag ... or you could create your own for a slightly higher fee of \$500.

Should you be interested in investing in PLC Armidale Science (or STEM), this would be a perfect way to show your support. Please see me for further details (all donations are tax deductible).



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### P&F High Tea and the Annual Old Girls' Reunion Weekend – October 22, Term 4

Early next term, the P&F is hosting their biggest fundraiser of the year ... the highly anticipated, High Tea. This year it will coincide with our Old Girls' annual Reunion weekend on Saturday October 22. The Old Girls' Reunion commences with the AGM at 1pm (light refreshments available) followed by College tours. The High Tea then starts at 3pm with tickets for this aspect, definitely essential. Tickets are on sale now. Old Girls' Weekend actually kicks off on Friday 21 October with the annual INSPIRE program where some of the 20 year leavers return to share their life and career experiences with our current girls.

### Holiday Absences

Just letting you know that if you are needing to contact our office over the holidays, that Sally is on deck in Week 1 and I will be manning the Development/Enrolments Office in Week 2, before travelling to China with Mrs Taylor on Saturday October 8 (until October 21).

Enjoy your holiday break!

## P&F News

*Janine Ranck and Deb Hiscox, Co-Presidents*

### Starry Night of Music

A big thanks to the many parents who donated food for the light refreshments the P&F served prior to the Starry Night of Music. A big, big thank you to Mrs Kumar and Mrs Berry who so willingly helped prepare the food served and helped us clean up, this was a wonderful help to us. It was a great start to a wonderful evening. We hope you all enjoyed it.

### AGM – Thursday 13th October 6pm

With another year just about under our belts, Deb, Janine, Karen & Trish will all be standing down from their positions on the P&F Executive. We encourage anyone of you to become more involved in your school through serving a term on the P&F. It is a wonderful way to meet and wide range of people within and connected to our school. We understand that we all have time pressures and that is the beauty of the PLC P&F – there are always many people ready to help out, so you never feel like you're doing the job by yourself. Please feel free to contact anyone of us if you are considering becoming more involved, we'd love to chat to you.

### High Tea – 22nd October 2016

As an additional fundraiser at the High Tea we will be selling Mystery Boxes. Within these boxes will be a prize for everyone who purchases one. These prizes will vary in price range and product. Our aim is to sell 60 Mystery Boxes so we are asking for families to contribute an amount of \$20 per family. With the money donated by our families, we will purchase the prizes for the boxes. We envisage that the 60 prizes will range in value from \$20 to \$200. The Mystery Box fundraiser will run only on the day of the High Tea with tickets sold to the guests attending on the day. Donations of \$20 can be left at school reception in the senior or the junior school. Thank you for your support.





## Pastoral Care Conversation

Anna Caldwell, Head of Senior School

"It is not always where you are in life, but who you have by your side, that matters".

Our Year 12 girls are preparing for their last week of school, their last lessons with their friends, their last study sessions with their study buddies, running on to the field or court for the last time with their school sporting teams, their last recess and lunch times chilling with their class mates. They will soon be leaving life as they know it and taking off to see the world, meeting new people, seeing new places and making new friends.

Social media has made the world seem just that little bit smaller, reduced the degrees of separation between us all and has changed the way a lot of us view our friendships. Many Social Media sites, such as Facebook, encourage us to become 'friends' with as many people as possible. Some of my Facebook 'friends' have over 1000 'friends'. This may seem impressive, however looking through our lists of social media 'friends', we might not actually consider them all to be a 'friend'. We can put them into several different relationship categories; family, friends, team mates, school friends...some we will know well and others, not so much.

Having 'friends' and connections can have a very positive effect on your life and can add to your overall mental health and happiness. Having healthy relationships builds self-esteem, improves mental and emotional health and helps you live a fuller life. This is true whether we have one friend or one hundred friends. Having that positive connection is what matters.

Having so many online friends can also have the opposite effect, so it is really important that we are very careful with who we befriend, what we post on line and recognise that we have different relationships with everyone we meet. Some people will become life long friends, others will be close for a while and then drift away, some will be no more than acquaintances. I am sure you have all heard the saying that you can count your true friends on one hand. Even with our hundreds of online friends, this still rings very true.

The one constant with everywhere we go in life, is the importance of building positive relationships with everyone we meet. The strength of a community lies in the strength of the connections that we have with each other. When we build strong connections and

positive relationships, we have the power to make real change. Relationships take time to build, need constant work and although some may be our greatest challenges, they can also be the source of our greatest joy. We are in control of our happiness so it is up to us to make the effort with every individual or group we are with to make connections and make the most of those friendships.

Central to almost every community and religion is the notion that we should all treat our neighbours the way we would like to be treated. We need to accept and celebrate our differences, give time and be present with the people we are with. This means that we need to put our smart phones away and work on our communication skills, think carefully about what we are going to say and actively listen to what others have to say.

We need to learn to open our hearts and find the courage to trust others. We need to be empathetic and understanding. With social media, we need to seriously consider our digital tattoo and learn how to manage our mobile technology, being very aware of its pitfalls.

Humans are very social creatures, our health and happiness is dependent on having other people around us, having friends and people to talk to. In the movie 'Cast Away', Tom Hanks plays a character that is stranded on an uninhabited island. The movie follows his time on this island and it doesn't take long for him to create a friend, a ball, that he calls Wilson. He draws a face on the ball to make it more human like and he talks to Wilson as if it were a person. Although this movie is fictional and amusing, this demonstrates our most basic human need. Relationships are vital to our survival, so important in fact that our brains are hardwired to form them.

Life is wonderful when we think about others and not just ourselves. But it is also important that we are a friend to ourselves too. If we do not look after ourselves and our emotional wellbeing then we are not in a very good position to look after anyone else.

The girls in Year 12 will be receiving a lot of useful advice about how to survive their exams and survive their next year with travel and further education. I hope that they take all this advice on board but realise that relationships are the only things that really matter in life.

If you have nothing in life but a good friend, you are rich. It's who we are with not where we are that matters.

I wish all of Year 12 the very best in their future endeavours and look forward to keeping in touch and hearing about all the amazing things that they get up to.

# lion's roar

TERM 3 - 16 SEPTEMBER 2016 - VOL 268

## Armidale District Netball Association Presentation & Awards

**WHEN:** Sunday 18<sup>th</sup> September, 2016

**WHERE:** Armidale City Bowling Club Auditorium

**TIME:** 12.00 noon

**COST:** \$25.00 per person

(cash, cheque, or direct deposit BSB: 932-000 A/c: 637264)

**INCLUDES:** 2 course meal and award presentation

**All enquiries to Julie Gates 0427 949 146**

**RSVP 10th SEPTEMBER 2016**





## Parenting *ideas* INSIGHTS



### *Building parent-school partnerships*

WORDS Lakshmi Singh

# School Reports - tips for parents

Report time can be stressful for parents and students. Here are 5 expert tips to guide parents through this process.

School reports could easily be considered a form of art. This type of art, like any other is open to interpretation, review and criticism. It's just that these reviews don't really make it into any literary publications but no doubt can have a huge impact on a child and their family. How then should parents wear the hat of a critic and not only get an accurate representation of their child's work but implement measures to cater to the feedback?

#### **A primary school vs a secondary school report – understanding the differences**

In primary schools, teachers report on the child's behaviour in class, educational progression and socialisation skills, says Dr. Karen Phillip, preschool educator and a parenting expert.

However, as children get older and are offered more in terms of electives, the expectations shift as their focus and attentive behaviour should become obvious in their reports, says Dr. Phillip.

As they gravitate towards their chosen subjects of interest, the effort they put in

and the results can be expected to reflect their work ethic.

"In high school teachers report on the child's academic results, dedication to lessons, assignment results and class participation," she says.

Also, at this age, any concerns are generally better picked up by both the child and the teacher.

"Parents whose children are in high school usually place a higher value on the school report as this may be vital to enter the University of choice," she says. Although they may realise the report is describing their child's progress, expecting more from teachers and blaming them for a poor report is a regular occurrence, she says.

"Parents see their child as intelligent, better than others, special, more gifted. When a report is average, they blame," she says.

However, before jumping to conclusions, it is important to note that quite a few factors could be in play when it comes to a school report. Problems mentioned in reports could be as a result of issues from

home transferring across to school – bullying, anxiety or a range of other feelings/situations, says Dr. Phillip. Younger children may not be able to express this adequately.

Elizabeth Watson, Acting Director of Curriculum at Waverley College's Senior School, believes feedback and reporting is essential in helping students reach their learning goals, but they won't be very effective if they aren't treated as conversation starters and opportunities for active reflection.

#### **Engage in discussion**

It is important to take a broader view when reading a child's report, says Dr. Phillip.

"Reports can sometimes be a teacher's perspective and not necessarily the complete picture. Talk to both child and teacher to gain a more complete understanding and never judge the child harshly, instead focus on the solution to any problem or issue causing this."

**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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## Parenting *ideas* INSIGHTS

Building parent-school partnerships

### ... School reports - tips for parents ...

Watson recommends asking the student to perform a self-assessment by posing questions like: "Does this report reflect my understanding in each subject?", "Does this report reflect my effort in each subject?" and "What will I do differently next time?" Following this self-assessment, it can help to discuss ways of improvement and seek recommendation from teachers.

"Should there be areas that need attention, rather than focus on marks or ranks, think about strategies that will improve the quality of your work," says Watson.

#### Establish strategies for improvement

Watson encourages parents to make the most of opportunities such as parent teacher interviews. This is where parents can ask for specific areas that need developing and strategies for improvement. Some sample questions parents could ask teachers include:

- 1 **Mathematics**  
"What particular topics need attention?"
- 2 **English**  
"Did [student] fall down with his paragraph construction or with his grammar/spelling?"
- 3 **Science**  
"Did [student] perform better in the practical or theory component of the assessment?"
- 4 **Art**  
"How much time should [student] be spending on his/her major work compared to theory?"

Parents developing an understanding of the curriculum and content being taught can help establish specific strategies.

"In addition, establishing a more relaxed atmosphere at home so the child doesn't always feel stressed when studying is also a very important strategy. We need to be taking the emphasis off the results and placing it more on the process and the child's overall experience," he says.

#### Tips from the experts

- 1 Discuss the report with the teacher to fully understand the situation, be curious, and don't jump to conclusions.
- 2 Talk to your child calmly, go through the results and ask how they are feeling about it.
- 3 Ask your child questions like: "Is your workspace conducive to quality home study?", "How can I help you manage your workload?", "What strategies do you think will make a difference?"
- 4 Set practical small steps for the child to work on to reach the final goal.
- 5 Support them along this journey, check in regularly and re-adjust if required.

Lakshmi Singh



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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PLC ARMIDALE

# High Tea

GARDEN PARTY

PLC Armidale Parents & Friends presents

**An Afternoon of Elegance**

**SATURDAY 22 OCTOBER 2016**

3pm

Tickets \$40

available from [www.trybooking.com/MLYY](http://www.trybooking.com/MLYY)

(please book by Wednesday 19 October)

The PLC Armidale High Tea Garden Party is an afternoon of elegant fashion, traditional High Tea held in the beautiful grounds of PLC Armidale.

Please join us for complimentary champagne and an introduction to the latest looks for Summer 2016.

Enjoy the chance to win wonderful prizes.

## **MYSTERY BOX FUNDRAISER**

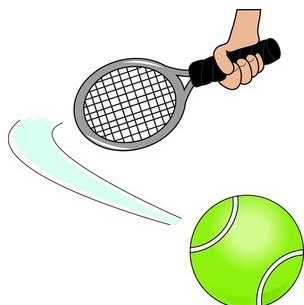
Guests can purchase a box valued at \$30 each and will win a prize valued between \$20 and \$200.

There will be 60 boxes sold on the day each containing exquisite items.



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## School Holiday Fun Weeks

### Tennis Camps September 2016

**Armidale Tennis Club, Golf Links Rd Armidale**



Spend the morning learning skills for tennis (9:00am-12:00noon) followed by lunch at the Tennis Club then spend the afternoon playing modified matches (1:00pm-3:00pm).

Week of September	½ Day (9:00am-12:00) \$44	Full day (includes lunch) \$55	½ day full week \$187	Full day-Full week (includes lunch) \$242
Mon 26 <sup>th</sup> – Fri 30 <sup>th</sup>				

- Lunch is provided for those staying for the full day
- Children under 8 must choose the ½ day option
- Learn tennis from highly qualified, professional coaches
- Loads of fun and prizes

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 [peterlesurf@optusnet.com.au](mailto:peterlesurf@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).....**

**(Mobs) 1.....2.....**

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

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

.....



NECOM and Musica Viva Armidale present



"A spirited, robust performance...  
astounding music making"

THE HOBART MERCURY

# Seraphim Trio & Owen Morris

**Saturday 17 September, 4pm**

**Armidale Town Hall**

**Tickets \$40 Adults, \$30 Pensioners, \$20 Full-time Students**

Over the last two decades, Helen Ayres, Anna Goldsworthy and Tim Nankervis have remained steadfastly committed to chamber music. Through intelligent programming and a deep love of chamber music, Seraphim Trio never fails to delight audiences.

This program celebrates Schubert, alongside a new collaboration with virtuoso trumpeter Owen Morris. This unusual combination of instruments showcases surprising repertoire including the original version of the dazzling trumpet concerto by Hummel, originally scored for trumpet and piano trio.

## PROGRAM

SCHUBERT Piano Trio in E flat, Op. 100

HUMMEL Trumpet Concerto in E major, WoO 1, S.49

KURT WEILL (1900-1950) arr. JAMES LEDGER  
Threepenny Opera Suite

MANUEL de FALLA (1876-1946) arr. JAMES LEDGER  
Canciones Populares Españoles

## BOOK NOW

Ph: 02 6788 2135  
or from NECOM office

[www.trybooking.com/181730](http://www.trybooking.com/181730)  
[www.musicavivaarmidale.org.au](http://www.musicavivaarmidale.org.au)



# NEW ENGLAND CONSERVATORIUM OF MUSIC

Proudly Presents

## *New England Sings!*

Sunday 16 October @ Lazenby Hall, UNE



**Concert 1@11am**

**Concert 2@2:30pm**

*New England Sings!* tickets now on sale at:  
[www.trybooking.com/MRJY](http://www.trybooking.com/MRJY)

Adults \$23, FT Students \$15 (no conc)

*New England Sings!* our region's biggest choral showcase will present over 800 students from 25 schools in 2 concerts on Sunday 16 October, Concert 1 at 11am and Concert 2 at 2:30pm.

Students will be performing an inspiring program of Australian music, featuring well-known songs and premiering new commissions for Combined Primary Schools Choirs and for the Combined Secondary Choir and Orchestra.

Each concert has only 550 seats available so now is the time to book your seats early to avoid missing out. Below is a list of schools performing at each concert.

Students performing in **BOTH** Concerts, 11am & 2:30pm

NECOM Choirs: Mini Singers, Cantilena, New England Singers, Side-by-Side Choir

**Massed Secondary Choir students from:**

Armidale High School  
Calrossy Anglican School, Tamworth  
Glen Innes High School  
PLC, Armidale  
The Armidale School

Bellingen High School  
Duval High School  
New England Girls School  
O'Connor Catholic College  
Armidale Waldorf School

### Primary Schools in 11am Concert

- Ashford Central School
- Ross Hill Public School
- Armidale City Public School
- Sandon Public School
- Walcha Central School
- St. Joseph's Primary School, Glen Innes
- St. Patrick's Primary School, Walcha
- Calrossy Anglican School, Tamworth
- St. John's Junior School (NEGS)

### Primary Schools in 2:30pm Concert

- Ben Venue Public School
- Kelly's Plains Public School
- Martin's Gully Public School
- Newling Public School
- St. Mary's Primary School, Armidale
- PLC Armidale Junior School
- The Armidale School Junior School (TAS)

*music speaks volumes*

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