

lion's roar

TERM 1 • 18 MARCH 2016 • VOLUME 258



From The Principal

Mrs Nicola Taylor

The findings of the Australian Early Development Census (AEDC) make for interesting reading. Every three years a snapshot assessment is made of early childhood development. Teachers of children in their first year of full-time school are asked to observe and provide feedback about five areas of early childhood development that have a direct bearing on the child's health, education and social outcomes as they grow into adulthood. The findings of the 2015 AEDC Data Collection have recently been released showing steady improvement across the nation in language and cognitive skills but a decline in social competence and physical health and wellbeing. The measures for social competence include such things as levels of anxiety, aggression, difficulty being left alone by their parents, being kind to other children and waiting their turn. The report highlighted that since the data gathering began in 2009, young children are demonstrating increasing levels of trouble coping, behaving, showing respect for others and taking responsibility for their actions. It is not surprising when prospective parents are

asked about their expectations of the College, the most frequent response is to provide a high quality education for their daughters. Not far behind though is to encourage them to grow into mature, responsible and respectful young adults. The Flourish program being implemented across the College this year, from pre-kinder to Year 12 is intentional and explicit in its focus on the values, attributes of character and specific behaviours that help develop social competence and emotional maturity. Grounded in the Christian framework of the College, Flourish@PLC is more than just a buzz word. Alongside Flourish, in the Senior School Outdoor Education features this year. Following a structured, sequential program of physical challenges, developed by Outward Bound specifically for PLC Armidale, girls across Years 7 to 9 will be provided the opportunity to learn invaluable lessons about themselves, others and how to work well as a team. It is encouraging to see such a positive, excited response from the girls to this initiative.

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Curriculum Matters

Trent Donaldson, Curriculum Coordinator

Parent Teacher Interviews

The Year 12 and Boarder Parent Teacher interviews will take place on Wednesday 6th April 2016. These interviews will take place in the Senior School Library. Your daughter will receive a booking sheet early next week.

If Boarder parents could please email me to indicate if they will be attending, I will ensure that interview times are booked.



Senior School Notes

Anna Caldwell, Head of Senior School

Bus travel to and from school

This is a gentle reminder about the expected behavior on all buses when travelling to and from school. When on the bus, all students are asked to remain seated until their stop, they are not to walk around the bus or distract the driver. Older students are asked to look after the Junior School Students and set a good example.

Outdoor Ed@PLC

All Camp notes have now been sent home for signing. They were due back to the office by Friday 11th March. If you have not signed and returned them, then please do so as a matter of urgency.

The buses will be leaving at 6.30am on Wednesday 30th March and the girls will need to bring their own recess and lunch with them.

Please follow the packing guidelines on the equipment list. All girls have been briefed on what to expect and what to bring. They have been given the opportunity to try on a back pack in their PDHPE lessons, so they know what it is going to feel like. They will be taught how to set up tents and all other basic survival skills whilst on camp. We are looking forward to lots of fun!



National Linguistics Olympiad

Deb Curkpatrick, Director of Student Learning Support and Extension

The first round of the Australian Computational and Linguistics Olympiad was held as an online competition at PLC last week. Twenty students from Years 9-11 competed in teams of 4, developing strategies for solving challenging problems in unfamiliar real life languages. The competition was held over a 2-hour period and involved quick thinking, teamwork and very adept technological skills. All girls are to be commended for their tenacity in completing the competition.

The top 3 teams in the state go through to the national round. One of our senior teams came 5th in the state, only 2 points behind the team placed third. Congratulations to Jessica Chambers, Georgina Hebblewhite, Ragavi Jeyakumar and Brianna Robertson, for a super effort. The 3 winning teams were Shore School, Baulkam Hills High School and James Ruse Agricultural High School.

Congratulations are also extended to the following girls in a junior team that placed 36th in a field of 62 teams (both junior and senior): Darcy Campbell, Gabriella Parsons, Georgia Breckenridge and Amelia Newton.

calendar OF events

**19 TO 30
MARCH
2016**

Bye Bye Birdie' Performance	19/3/2016
Campus to City Canter	19/3/2016
Autumn Festival Parade	19/3/2016
Years 3 and 4 Lake Keepit Excursion	21-23/3/2016
Pre K to Year 6 Parent/Teacher Interviews	22-23/3/2016
Years 6, 7 and 8 Tri School Debating	22/3/2016
National Linguistics Olympiad - National Round	23/3/2016
Junior School Easter Chapel Service and Morning Tea	24/3/2016
Boarders' Weekend - Depart AM	24/3/2016
Good Friday	25/3/2016
Easter Monday	28/3/2016
Boarders Return - PM	28/3/2016
Year 12 Exams	29/3/ - 1/4/2016
Year 10 Canberra Excursion	29/3 - 1/4/2016
School of St Jude's Community Breakfast	29/3/2016
Years 7 to 9 Outdoor Camp	30/3 - 1/4/2016

NAPLAN 2016

In May 2016 the National Assessment Program-Literacy and Numeracy (NAPLAN) will be completed by all students in Years 3, 5, 7 and 9. NAPLAN will assess the literacy and numeracy skills of students across Australia. In conjunction with other forms of assessment completed at school, the tests provide important information about what your daughter can do. It is used to support teaching and learning programmes. Parents will receive a letter from the school with more details about NAPLAN and later in the year all parents will receive a report indicating their child's level of achievement.

Parents with questions about NAPLAN are asked to contact Mrs Breckenridge in the Junior School or Mr Donaldson in the secondary school.

NAPLAN DATES

Tuesday 10 May	Language Conventions, Writing
Wednesday 11 May	Reading
Thursday 12 May	Numeracy

SPORTS LOVERS LUNCHEON

RAISING FUNDS FOR



HOSTED BY MARK BERETTA

10 TIMES AUSTRALIAN WATER SKI CHAMPION & SPORTS PRESENTER ON 7'S SUNRISE

& FEAT. 2 OF THE BIGGEST NAMES IN AUSTRALIAN SPORT

LAYNE BEACHLEY, AO

7 TIMES WOMEN'S WORLD CHAMPION
SURFER LAYNE BEACHLEY

ROBBIE MCEWEN

12 TIMES TOUR DE FRANCE CYCLIST



FRIDAY APRIL 8TH, 12.30PM
ARMIDALE CITY BOWLING CLUB

TICKETS \$90

from Armidale Bowling Club or armidalebowl.com.au
all proceeds from this event go to Tour de Cure

for corporate bookings
please contact

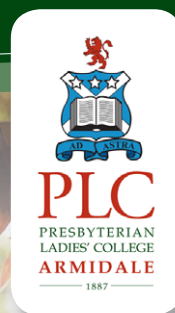
Jacqui Munday 0439 713 866

David Schmude 0418 436 267



lion's roar

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Please join us for the annual

Junior School

*Easter
Chapel Service*

and

Morning Tea

When: Thursday 24 March 2016

Time: From 8.55am

Where: Astra Arts Centre and Junior
School undercover area

Educating successful women of tomorrow in a Christian environment.



Junior School News

Ainslie Breckenridge, Head of Junior School

'A lovely group of girls who were kind, well mannered and were proud of their school'

This was a comment made to our Years 5 and 6 girls when they were at Taronga Zoo last week by a member of the public. When this message came through to me from Ms Ward, I was so proud of our girls. Even though they were a long way from home, in a different city and in a strange place, they upheld their pride in their School.

Last week our Years 5 and 6 girls had an adventurous time in Sydney. In two days, they covered a lot of the city and even managed to meet the Channel Seven Sunrise team. At every new place, event and opportunity, the girls participated enthusiastically and represented PLC impeccably. Ms Ward and Mrs Matheson could not have returned happier and were so proud of how the girls behaved and took every opportunity that came their way. A big thank you to the teachers for all their hours of preparation time and for their incredible ability to make all experiences fun, full of learning and relevant to our girls.

Next week we farewell our Years 3 and 4 girls to Lake Keepit. I have no doubt they too will enjoy all that outdoor education has to offer! I can't wait to hear about the girls embracing the opportunities available to them. I am sure they will engage in activities that will challenge their abilities and allow them to fulfill expectations that they set for themselves. Have fun girls.

Sometimes it is hard for parents to let their daughters go on their first camp. It is a time of asking yourself 'will they sleep, will they brush their teeth and how will they cope if they miss home?' All very valid questions but I can

assure you that every girl who goes on camp has fun and is safe. Girls thrive in the activities and sometimes can even surprise themselves in how engaged they are with the program. As parents you have taught them well to look after themselves and know how to make the right choices, trust in them that they will continue to make these right choices when they are away from you for a few days. Have fun Years 3 and 4.

Signing In

Just a little reminder that if you arrive after 8.45am when classes have started, you are required to sign your daughter in. Please do not just drop her at the front door and go. Similarly, if you need to take your daughter to an appointment or you are picking her up early, please sign her out. This is a legal requirement.





Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

IPSHA Swimming

Congratulations to the 14 PLC Armidale Junior School girls who travelled down to Sydney to compete at the IPSHA swimming carnival on 2 March. Each and every one of the girls swam beautifully with many personal best times and heat ribbons received. It is always such a great experience for the girls and one that is looked forward to each year. Congratulations to each and everyone of the following girls for a superb effort:

Heidi Martin, Naomi Martin, Maddi McCook, Pip Constable, Gabby Cotterell, Emily Thompson, Jenna Marquardt, Holly Dauparas, Scarlett Loxley, Maggie Ryan, Abi Thompson, Ruby Broun, Alannah Williams, India Smith

Thank you to the parents and grandparents who accompanied us on the bus and/or joined us on the day to support our wonderful girls.



Indoor Hockey

Congratulations to both the PLC Panthers and PLC Jaguars for making the semi-finals, which were played on Friday 11 March. Both teams gave their best and displayed some fine skills and excellent sportsmanship. Unfortunately, both teams were defeated but should be commended on an excellent season.

PLC Jaguars coached by Mackenzie Constable: Amelia Wake, Maddi McCook, Annicha Waters, Mary Flannery, Lucy Caldwell, Rochelle Peet and Emma Dauparas

PLC Panthers coached by Mrs Donaldson: Harriet Beynon, Emily Peet, Pip Constable, Heidi Martin, Naomi Martin, Hannah Neilson and Eliza Ward

Netball and Hockey – Winter Sport

Please make sure that you have completed the online registration process for your daughter/s to play netball or hockey. They will not be able to take to the field/court if they have not registered. Any problems with the registration process please see Mrs Lucy Donaldson.

Come and Try Hockey Day

Please see the attached information regarding the Come and Try Hockey Day at UNE on Saturday 2nd April from 9am to 10.30am. A great opportunity for any primary students.



Sports Snippets

Jason Browne, Sports Coordinator

IGSSA Swimming Carnival

Twelve students travelled to Sydney last Thursday to participate in the annual IGSSA swimming carnival.

Due to our small team it was a very busy schedule at the carnival with each student competing in their individual events plus two relays. To swim in six or seven races over a three hour period is a challenging ask, however each student participated with enthusiasm and to the best of their ability despite the gruelling schedule.

Congratulations to Emma Barnier, Brianna Robertson, Helen Waters, Saskia Kennett, Mia Emanuel, Gracen Moore, Lucy Martin, Lucy Ball, Chloe Vanderwolf, Lilly McCook, Harriet Beynon and Sophie McRae for swimming their best at the carnival with PB's swam by some students.

Congratulations to Emma Barnier who swam in the B final for the 50m freestyle.

NCIS Soccer

Last Wednesday our soccer team competed at the NCIS soccer trials, which were held at TAS. The team performed beyond expectations as many of the original players were on a Biology excursion and were unable to play on the day. Congratulations to Mimi Raymer, Jess Ruba, Cate Hyne and Georgia Breckenridge for gaining selection in the NCIS team that will travel to Sydney in May to compete at the CIS trials.

Under 16 IGSSA Hockey Trials

On Monday Sarah Askey and Mia Emanuel were in Sydney for the IGSSA Hockey trials. Congratulations to both students who were successful at these trials and gained selections in the IGSSA Under 16 team which will compete at the CIS trials next term.



COME AND TRY



HOCKEY

Open to primary school children.

Equipment provided

WHEN: Saturday 2nd April from 9am to 10:30am

WHERE: Hockey Centre at UNE

TOP QUALITY COACHES AND MENTORS

FREE

Parent Information stations will be set up

Clubs representatives will be available on the day

Sign up to play.

Come and see what it's all about





NCIS Soccer Competition at TAS

Carolyn Beresford

On Wednesday 9th March, PLC entered a team of 16 students into the NCIS Soccer Competition, which was held at TAS.

The entrants were: Georgia Breckenridge, Charlotte Caldwell, Lily Coleman, Georgina Cornall, Sarah Evans, Syrana Glenn, Isobel Harris, Cate Hyne, Thurkka Jeyakumar, Saskia Kennett, Dakotah Love, Emily McLeod, Emma O'Donoghue, Mimi Raymer (Captain), Jessica Ruba and Zoe Swan.

The PLC team's first match was against Emmanuel Anglican College. PLC dominated throughout the match and were very strong in the mid-field with Saskia Kennett and Jessica Ruba working hard. Mimi Raymer was putting lots of pressure on the oppositions defence and finally managed to slot a goal away after many missed opportunities throughout the game. Zoe Swan was strong in defence and with Syrana Glenn in Goals made it hard for EAC to score. EAC caught PLC's defence off guard and managed to put a goal away in the second half, the game finished up with a 1 all draw.

In the second match PLC faced Kempsey Adventist College, this game PLC dominated the whole match and placed KAC under a huge amount of pressure in defence. Mimi Raymer scoring 2 goals and Charlotte Caldwell slotting a goal away. The team worked well together and with Georgia Breckenridge in goals, the PLC team managed to keep KAC from scoring, which gave PLC a 3-0 win.

The 3rd match against Lindisfarne Anglican Grammar School was a battle of the mid-field, with both teams having several opportunities to score throughout the game. Saskia Kennett and Cate Hyne worked tirelessly in the mid-field, both in attack and defence. Jessica Ruba was vital in the defensive line and eliminated many attacks from the opposition up front. Georgia Breckenridge saved many shots on goals, managing to keep LAGS scoreless. Mimi Raymer and Sarah Evans were very dominant up front, having many shot on goals. LAGS's Goal Keeper played exceptionally well, leaving PLC scoreless, the game finished up a nil all draw.

The Final game was against Bishop Druitt College; this team was well drilled and organised and were the final winners of the day. This match was tough for PLC from the start, BDC putting all of our lines under pressure and they had 3 very fast strikers that put our Goal Keepers Syrana Glenn and Georgia Breckenridge under a lot of pressure, saving many of the shots on goal. BDC won this match 3-0, but the score did not justify how well the PLC team played. The team had many opportunities to score, but the GK for BDC was out-standing and kept us scoreless.

I would like to say how proud I was of the girls on the day, their teamwork, their sportsmanship and the behaviour on the day was outstanding. Also thanks to Brad Evans for helping me coach and run the girls on the day, your time and effort was appreciated.

I would like to congratulate Mimi Raymer, Cate Hyne, Georgia Breckenridge and Jessica Ruba in being selected for the NCIS team to compete in CIS Championships.

Hockey



New England

HOCKEY NEW ENGLAND 2016 REPRESENTATIVE TEAM SELECTIONS

2016 NSW STATE CHAMPIONSHIP CALENDAR

Championships	Date	Location
U15 Boys FSC	27- 29 May 2016	Tamworth Hockey Complex
U15 Girls FSC	24- 26 June 2016	Taree Recreational Centre
U13 Girls FSC	30 June-3 July 2016	Jubilee Park, Wagga Wagga
U13 Boys FSC	7-10 July 2016	Grafton Hockey Centre

Expressions of interest should be forwarded to:

Fiona Porter (HNE Representative Selections Coordinator)

fionaporter@bigpond.com or 0419986386 for more information

Thursday 30th June is a Development Day –
Competition starts Friday 1st July

Thursday 7th July is a Development Day – Competition
starts Friday 6th July

Selections for HNE Teams will be held on:

- Thursday 31st March from **5-6pm** for U15 Boys and U15 Girls on T1
- Monday 4th April from **5-6pm** for U15 Boys and U15 Girls on T2
- Monday 4th April from **4-5pm** for U13 Boys and U13 Girls on T2
- Thursday 7th May from **5-6pm** for U13 Boys and U13 Girls on T1

Expressions of Interest to be submitted by: **Monday 28th March 2016**

Include: Name, DOB, Email, Mobile ph no, age group



Music Notes

Matthew Minter, Director of Music
NECOM MUSIC DAYS

On Wednesday 9 March the Year 9 and 10 Elective Music Students attended the Year 9/10 Music Day at NECOM.

The Music Day was a great experience, with Music students attending from school throughout the region. The program for the day includes choral singing, composition in the morning and a series of workshops throughout the afternoon exploring music from other cultures, including African Drumming and Indonesian Gamelan.

On Thursday and Friday the Year 11 and 12 Music students attended the intensive two-day HSC workshop presented by senior HSC markers, the author of the major text book for the Music 1 Course, Helen Galletis and renowned Australian composer Paul Jarman.

The HSC Music workshop consists of a series of expertly presented lectures and presentations addressing the specific demands of the HSC syllabus and mandatory topics. The students work through a full range of skills including score reading, composition, performance, aural and sight singing. It is an academically rigorous two day course.

The Year 12 students also had an opportunity to present their major works in performance, musicology and composition to the experts through individual workshops and public master classes. Congratulations to Syrana Glen, Jess Tann and Isabella Post on their performances in the afternoon master classes in front of all the students and expert senior markers from Sydney. The quality of feedback they received was excellent and the whole experience very worthwhile.



Combined TAS/PLC/NEGS Musical 'Bye Bye Birdie'

Constance Rolfe, Junior School Music

The TAS/PLC/NEGS Musical 'Bye, Bye Birdie' opens this week (Week 8) with 2 Boarders' previews on Monday and Tuesday nights. Opening night begins on Thursday with a matinee on Friday and two further performances on Friday and Saturday evening. It's promising to be a wonderful show with witty dialogue, excellent and catchy music, bright and brilliant sets and fantastic, colourful costumes. The actors and chorus have worked so hard, along with a band made up of many PLC Peripatetic music teachers the whole show is looking and sounding fantastic.

Tickets are still available, but hurry as they are selling like hot cakes! You can buy tickets from Trybooking:

<http://www.trybooking.com/Booking/BookingDates.aspx?eid=171005&hs=www.trybooking.com>

Hope to see you all there!





Shelli Hulcombe Vocal Workshop

PLC was incredibly fortunate to have an afternoon with Shelli Hulcombe on Friday the 4th of March. Shelli Hulcombe, a PLC old girl, is a lecturer in voice at the Queensland Conservatorium of Music. Mrs Hulcombe worked with the Senior Choir for the first session, followed by a session with the Senior Vocal Ensemble.

Under Mrs Hulcombe's expert guidance the choirs were quickly producing an excellent, rich tone. Mrs Hulcombe was able to explain vocal techniques very clearly and through a series of effective exercises, apply these techniques to the repertoire the choirs are preparing for the Eisteddfod.

Mrs Hulcombe then conducted an individual session with Syrana Glenn. A number of other students from PLC worked with her at NECOM.

Her visit to Armidale was extremely beneficial. It is inspiring to have so many PLC Alumni returning to the school, having become professional musicians. This is testament to the extraordinary, established legacy of Music at PLC over many decades.

Shelli Hulcombe asked us to put this message in the Lion's Roar:

"It was lovely to revisit my old school and spend some time with the girls. I was very impressed by their beautiful sound and excellent musical skills and their enthusiasm for trying new things. PLC has always had a great reputation for musical excellence and it is heartening to see this tradition being continued. Thank you girls!" Shelli Hulcombe



WIND AND BRASS AT PLC

The wind and brass program at PLC is growing! With a very enthusiastic training ensemble in the Junior School and a rapidly growing wind ensemble in the Senior School rehearsing every Wednesday morning. Thank you to the efforts of Mr Paul Marshall and all the students for their hard work. Learning a wind or brass instrument is a great option for a student between Years 5 and 8 as it is possible to become very proficient in only one or two years. For many wind and brass instruments, such as the French horn, bassoon and oboe, many professional players began learning in early secondary school. Mr Minter is arranging all the material for the wind ensemble to cater for students of different ability levels. Please contact Mr Minter if any student is interested in pursuing a wind instrument. Come along and try it out!





Cattle Team Report

Judy Miller, Cattle Team Coordinator

The Cattle Team have attended four local shows so far this year, competing in stud sections at Glen Innes and Guyra Shows. With Tim Light out of action since early January with a bad fracture to his tibia, much of the cattle work has fallen on Briony. This has made attendance at all of the usual shows out of the question. Nevertheless, the girls have put on a great display and achieved some outstanding results.

Three girls attended Tenterfield Show where Saskia Kennett was awarded Champion Parader. We had a full complement of students at Armidale Show and we were pleasantly surprised with the results. Once again the animal judging comprised of live Merino, fleece, White Suffolk (meat), horses, steers and heifers. Molly Trindall reached the finals of the Intermediate Paraders' and Abby Stevenson came 4th in the Junior Paraders'.

Saskia Kennett reached the finals of the Intermediate section of the White Suffolk Judging and Emma Dauparas came 5th in the junior section. Abby Stevenson had a great show where she also came 4th in the Merino Judging (Juniors) and 2nd in the fleece judging (Juniors). Sienna Catterall received a blue ribbon for winning the heifer section of the Junior Judging. PLC came 2nd once again in the Schools' Competition. Amber Whibley and Molly Trindall won the Farmers' Challenge. A great show overall and great team cooperation!

It was lovely to see so many parents in attendance, some of whom had travelled long distances to support their daughters. Thank you also to Amanda Kennett who assisted the team at the Guyra Show.

Our stud cow Margaret, who is at presently on agistment, gave birth to a bull calf recently. Very exciting news for us!

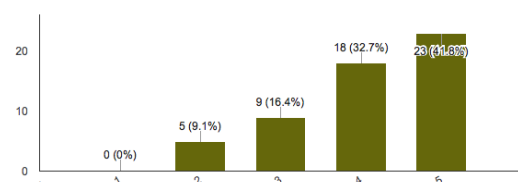


ICT @ PLC

David Moffitt – ICT Integration Coordinator

Through Term 1, we have been conducting a review of the way we use and manage ICT resources in the school. This is part of an AIS-funded strategic planning process. We have been asking key groups around the school, including parents, students and staff, what is working for them and what areas are not functioning as well as they could. Thank you to those who completed a Google-Form survey and provided feedback as part of this review. Now that interviews have been completed, Dancrai Pty Ltd. is compiling a report into the current situation and analysing areas of most pressing need. We will use this report to strategically plan a pathway forward to best use our resources for delivering great lessons while serving our families need for information in a timely and relevant manner. If you missed out on completing the survey and would like to add your thoughts, follow the link to the [ICT Review Survey](#) or go to http://bit.ly/plca_ictreview

How comfortable is you daughter using the school's ICT facilities, (using her devices, accessing the network, etc..)
(55 responses)



An example of some feedback from parents in our ICT review

In the classroom, the Legal Studies for Preliminary HSC, delivered from PLC Sydney to PLC Armidale is running smoothly and has been received very positively by students. The lessons are written delivered by Mr Mohan Dahl and compiled by Ms Thea McLean, both in Sydney. Content is made available to students at PLC Armidale via technology with supported academic mentoring by Mrs Shane Moffitt. Lessons are shared by a combination of email, online learning platform (CANVAS) and two-way video conferencing. This week, the video conferencing even brought the PLC Armidale class into the PLC Sydney classroom, to participate live during Mr Dahl's class. It is hoped that this pilot program can inform decisions around the extension of this model for other courses in the future.



Student Exchange Program

Chris O'Neill, Exchanges Coordinator

This year girls in Years 9 and 10 will be eligible to travel to New Zealand to take part in an exchange program with Columba College in Dunedin and St. Andrew's College in Christchurch. Successful candidates from Year 9 will attend Columba, while successful candidates in Year 10 will attend St. Andrew's.

Students from Year 9 will host an exchange partner for 2 weeks from May 23 to June 3, before travelling to New Zealand to attend Columba from June 6-17.

Students from Year 10 will host an exchange partner for 3 weeks from June 6-24, before travelling to New Zealand to attend St. Andrews from July 26 to August 12.

This is an excellent opportunity for students to experience schooling in a different educational context, while allowing them to see a beautiful and different part of the world. As well as gaining experience in a different cultural setting, girls will of course have the opportunity to forge lifelong friendships and come away with some wonderful memories.

Interested students and parents are encouraged to contact Mr. O'Neill should they require more information.



Boarding House News

Freya Bartlett

It's almost the end of Term 1 but the boarding house is in full swing!

I would firstly like to wish the Year 12's luck as their half-yearly exams are quickly approaching and kindly encourage all girls in, and around, the boarding house to be mindful of us during these next few weeks (I know you'll all be lovely!).

The boarding house has been a flurry of activities and events. Some significant achievements are:

- Gracie Martin competed at the national level in Athletics for the first time this year, and she came very close to her personal best, despite the nerves of the occasion and having to run from lane 1 in the U16 girls 400m heats. Gracie gave them a run for their money and placed an incredible 15th place in Australia!

- The cattle team have been off on various trips to shows around the New England this term and have brought back some impressive awards (as well as some entertaining stories!).

- Emma Barnier completed her first state trial for Gymnastics and won 1st on vault, 5th on bars and beam, 6th on floor resulting in an amazing 2nd place overall in Level 7, qualifying her for state. Next weekend she will be starting the second trial for the Nationals' team selection process.

The newly elected BRC (Boarders Representative Council) have been working hard to keep the girls active and engaged during these last eight weeks. Many different activities have been undertaken this term such as: the Tamworth trip, the annual Cake Decorating Competition (which was a huge hit for the girls on Saturday), as well marshmallow roasting on special occasions!



Last weekend girls enjoyed activities in the boarding house such as: in-house movies, games and craft. The bikes supplied by the boarding house have given the younger girls a wonderful distraction from the lure of the Internet this term, and enhanced growing bonds between new students. Mrs. Ball has also been generous enough to purchase us a croquet set, a new kite with the P&F contributing to a new 'spring-free' trampoline for the girls to enjoy.

Sister Angela Pieterse has been a regular visitor to the boarding house this term which has allowed the girls, especially our newest boarders, to get to know her well.

Paige Kranz has initiated new ways for younger girls to test their mathematical skills with weekly times table competitions (there's been some fierce competition out there for Tuck-Shop vouchers!).

Reminder: Don't forget we offer Parent Accommodation, Casual Boarding and an Extended Day Program (for students wishing to study at Prep, have dinner and be collected at 8pm for Years 7 – 12).

2016 Art in the Garden



NERAMble



**Three Gardens
Gungurru Road, Armidale**

Sat 2 and Sun 3 April 2016—10.00am to 4.30pm

\$6 Entry per Adult per garden or \$15 for all three

Under 18's Free

**Sculptures
Books & Magazines**

**Plant sales
Pottery
Autumn Harvest Stall**

**Jewellery
Raffle**

Teas and Lunches on sale

Directions: From Waterfall Way (Kentucky St) heading to Grafton (east), turn into Castledoye Road 1km after the Bunnings roundabout. After 1.9 kms, turn left into Gungurru Road and follow NERAMble signage.

Friends of NERAM Inc—(9885144)

"... intense clarity and fluid partnership ..." COURIER MAIL



Flinders Quartet

Sunday 20 March, 4pm

Armidale Town Hall

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

A quartet for the twenty-first century, Flinders Quartet continues its second decade with acknowledged musical skill and maturity. The group's dynamic and stirring performances of a full spectrum of repertoire have audiences and critics articulating their esteem, and the quartet is now a highly respected force in Australian chamber music.

MOZART No. 14 in G major, K.387
HAYDN Op. 33 No. 2 in E flat major (The Joke)
BEETHOVEN No. 4, Op. 18, No. 4 in C minor

BOOK NOW www.trybooking.com/181730
Ph: 02 6788 2135



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Council
for the Arts



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Armidale



Opera North West Ltd Presents

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Starring
Teddy Tahu Rhodes

1 April
*Lazenby Hall, UNE,
Armidale*

2 April
"Mimosa", Inverell

Ph. 1800 240 301
www.operainthepaddock.com.au

AW1972524

lion's roar

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Development and Enrolments

Shona Eichorn, Director of Development
Sally McCook, Enrolments Manager



Out and About our region

Mrs Taylor and I are currently on a modified version of our regular Principal's Regional Tour. Yesterday we travelled to Narrabri and caught up with many families. We also attended the Narrabri Rotary Club last night, where Mrs Taylor presented an entertaining and informative address to the members. Today we are on our way to Moree and places in between, to meet with numerous current and prospective families. More trips of this nature are planned for later in the year.

All Rounder & Boarding Scholarships – APPLY NOW for 2017

Applications are currently being received for the first round of the All Rounder and Boarding Scholarships. These need to be submitted by the end of March. We are also in the process of gathering the relevant information and making offers from the Academic, Music and Visual Arts Scholarship Exams held recently. We will be in touch just as soon as we can and certainly by the first week of the April holidays.

School of St Jude's Community Breakfast – Tuesday 29 March from 7am.

Many in our community would have heard of local girl, Gemma Sisia (nee Rice) and her amazing efforts in establishing the School of St Jude's in Tanzania. Whilst some in our College had the opportunity to visit the School of St Jude's in 2011 and climb nearby Mt Meru with some of the school's students, along with supporting the numerous fundraising activities.

Gemma is returning to Armidale this Easter and PLC Armidale is very fortunate to have been offered the opportunity to host not only Gemma, but also one of the school's incredibly successful 2015 graduates, Dorice Livingston. Dorice is completing her year of Community Service before starting University to study Medicine – I'm sure you are aware of how few Tanzanian students have the opportunity to do that. I expect that she will give a very engaging and inspiring talk about the effect her education has had on her life.

We hope that many from our PLC Armidale community will join us for the morning's breakfast and address (please tell all your friends and family). The generous sponsorship of PLC Armidale, Catercare and Office Express means that all the proceeds from the ticket price will go directly to the school. Details of how to book for this extra special breakfast can be found on the Ad on Page 14.

Please remember, it is a 7am start ... immediately after the Easter break!

PLC Armidale Facebook

Those who are new to the College may not be aware that PLC Armidale has an official Facebook page. We'd encourage you to visit our page, LIKE US and share the various news items with your family and friends.





Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

Week 8 and 9 of the pastoral care schedule focuses on the character strengths Social Intelligence and Perseverance incorporating the wellbeing element - positive engagement. The VIA institute defines:

Social Intelligence as being aware, mindful and considerate of your and others' feelings, emotions and motives; and Perseverance as following through to complete what you set out to do by overcoming obstacles and setbacks along the way.

Cultivating these conscious habits in our students will enable them to adapt how they learn and think for differing situations mindfully and connects them with themselves and the moment. An effective growth mindset is required to meet the challenge of actively listening to others and creates situations which are places of adventure, experimentation and exploration that arouse students' curiosity to enable them to strive, thrive and

flourish. The secret is for them to listen with their eyes, their ears and their hearts. This enables students to:

- absorb and question the main messages and how they connect with what they already know and ask
- "How does this connect with what I already know?", "How can I use this knowledge?" "How can I apply it to new situations?" "How can I make predictions based on this knowledge?"
- read body language, listen for verbal cues and changes in voice tones to emphasise certain points
- use the strengths curiosity and social-intelligence to lift their concentration

Expecting students to sit passively and quietly and hoping that their brains will somehow absorb knowledge is non-productive and disengaging for them. The key to quality learning is for them to actively and enthusiastically engage in exploring with their teachers; as William Butler Yeats says: "Education is not the filling of the bucket, but the lighting of the fire."

Over next couple of weeks whilst on the Outward Bound camps, excursions and during the examination period the girls need to be mindful about the challenges they may face. This will be a demanding experience for most and will require them tapping into their positive emotions and searching for meaning and purpose in what they do in their lives. It will also be rewarding for students to identify which Habits of Mind they are using to develop their Habits of Heart. For example, they will definitely have to persist, think flexibly and manage their impulsivity. Persevering in these activities will go a long way towards cultivating positive growth mindsets in themselves. They will need to positively engage with the moment and situations they find themselves in and to continuously develop and improve their intrapersonal and interpersonal skills, persevere at various problem solving and stress management strategies to achieve personal happiness as these are all critical for building emotional well-being and life success.



International Women's Day was celebrated at PLC with the girls watching some YouTube clips related to women's issues and Australian government initiatives that inspire, educate and assist women and girls in health and wellbeing as well as to explore what they can do to help build an equal future. Sharing information on the origins of the day, the many countries that now have an official holiday for the cause, and about the thousands of events being held annually throughout the world to inspire and celebrate women's achievements. During a Pastoral Care session year 7-12 created paper chains in the colours associated with IWD to decorate a tree in the rose garden which acted as a 'photo booth' at lunch time.

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Social skills for children

School brings different types of learning, including social interactions and how to make friends. Parents can lay the foundations at home by teaching their kids these 7 important social skills.

Children who are able to form friendships when they start school are happier at school and also learn better.

More significantly, *positive friendships have long-term implications for social and indirectly academic success.*

Friendships skills are generally developmental, but they don't develop in isolation. Kids acquire these skills when they play with their siblings and interact with children and adults outside their family.

Today's children grow up with fewer siblings, fewer opportunities for unstructured play and less freedom to explore friendships than children of even ten years ago.

Parents can help kids develop important social competencies by teaching them sociable behaviours at home, being good role models and providing opportunities for kids to play with each other in a variety of situations.

Here are 7 important social skills to help children to develop:

1 Ask for what you want

Help children ask for what they want. It means they don't throw tantrums, whinge,

and sulk or expect parents to guess what's on their minds. While we need to be patient with toddlers, we need also to give older children the chance and opportunity to ask for what they want. Sometimes we need to ignore shrugs and grunts and expect them to articulate their wishes. This is the basis of civil behaviour, as well as a basic human skill.

2 Good manners

Teach kids good manners, in particular the three 'power words'. These words are very persuasive because they have a way of breaking down barriers and people's defences. These three words are: your name; please; thanks. These terms are the basis of good manners, and, when used, will increase the likelihood of getting what you want.

3 Sharing

Sharing is a basic social skill. Developmentally, very young children like to keep their possessions themselves. As they get older and move into Pre School and beyond the notion of sharing becomes a pre-requisite for playing with and forming relationships with others. Other children like

to play and be with those who share their time, possessions and space with them. Sharing is the start of empathy as it shows sensitivity to other people's feelings.

4 Holding a conversation

Holding conversations with others is a lifetime friendship skill. Conversations require self-disclosure, which can be challenging for some children. Good conversationalists give of themselves, but also take an interest in the person they are talking to. Many children forget that good conversations are two-way events, and tend to focus solely on themselves.

Children within conversations need to learn to ask good or interesting questions; to take turns when speaking and to show you are listening by making eye contact and not interrupting.

5 Winning and losing well

Kids need to learn to win without rubbing others noses in it, and lose gracefully without throwing tantrums and making excuses.

more on page 2 >>



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



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... Social skills for children ...

Wanting to win is natural, but they need to do so in a way that they maintain a relationship with other players so they will play again. Losing may make kids feel bad, but kids need to control their negative feelings so that others will play with them again.

6 Approaching and joining a group

The ability to approach strangers in social situations is valuable skill that opens up many doors, both friendship-wise and business-wise. These skills can be learned and practised during childhood, so that it becomes second nature in adulthood.

7 Handling fights and disagreements

Disagreements happen in families and among friends. The key is to make sure disagreements don't lead to the breakdown of friendships. It's important to get across to kids that having an argument or disagreement doesn't mean that a friendship is over. Strong friendships, like strong family relationships, withstand disagreements. In fact, they only serve to strengthen friendships.

The results of a number of studies indicate that children can be taught friendships skills. The strategies are simple and revolve around teaching children a range of friendly behaviours such as: talking with others while playing, showing an interest in others, smiling, offering help and encouragement when needed, a willingness to share and learning how to enter a game or social situation.

As parents we often focus on the development of children's academic skills and quite easily neglect the development of important social skills, which contribute so much to children's happiness and wellbeing.

Michael Grose



Parentingideas INSIGHTS

Building parent-school partnerships



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



parentingideas.com.au

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As seen on
ABC's
**Australian
Story**

Guest Speakers
Gemma Sisia & Dorice Livingstone

FIGHTING POVERTY THROUGH EDUCATION

An inspiring story of the motivated Australian teacher who founded one of Tanzania's most successful charity schools.

You're invited to The School of St Jude's Community Breakfast!

WHEN 7am, Tuesday, March 29 RSVP Wednesday, March 23

WHERE PLC Astra Arts Centre, Crest Rd, Armidale

COST Breakfast provided, \$20 adult, \$10 school age children

REGISTER Book your tickets via www.trybooking.com/KQQF

CONTACT Shona Eichorn at PLC on 6770 1700

Learn more: www.schoolofstjude.org