

# lion's roar

TERM 3 • 19 AUGUST 2016 • VOLUME 266



## From The Principal

*Mrs Nicola Taylor*

The temperatures are creeping upwards and the first signs of spring aren't far away. It is a good time

to announce a new beginning.

Arising from our process of Strategic Planning, from February 2017 our school will welcome a new group of students. Up to two classes of young women from China will be joining our new program PLC Pathways – an intensive 12-month residential English Language Course of Study (ELICOS) program providing high quality English language teaching and cultural familiarisation. By developing English language skills and familiarising the girls with Australian academic culture, we will help provide them a pathway to further study, both at high school and eventually at university.

PLC Pathways will operate as an independent but interrelated entity of the College. Our PLC Pathways students will be located right amongst us, studying alongside other students and sharing dining facilities, Chapel, Assembly, the classroom precinct, some of the teachers and the PLC school uniform.

Shona Eichorn and I visited China earlier this year and spoke to families in Shanghai, Hong Kong and Beijing who are interested in educating their

children in Australia. These parents are deeply committed to the education of their daughters and willing to sacrifice much to provide it. Although from different cultures, we shared a deep conviction that success as a 21st century global citizen requires strength of character and quality of person, not just high examination marks. It was inspiring to find so many values in common.

We're committed to providing a special experience for our PLC Pathways students – caring for their education and development to ensure each girl finishes the year fully prepared to enrol in a NSW school (especially in the independent sector) and ultimately matriculate to an Australian university.

The new director of PLC Pathways is Mr Christopher Spencer, an experienced teacher with a strong record of delivering quality education in the New England region and beyond.

The benefits of this exciting program flow both ways and I encourage all of you to reach out to the new girls and make the most of this opportunity to learn about other cultures directly. Integrating PLC Pathways into our College community helps prepare all our students for future lives in higher education and work – as part of an increasingly

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globally connected world, where real understanding of cultural diversity is an essential skill.

I look forward to our PLC Armidale community warmly welcoming our new students when they arrive next year.

# calendar OF events

19 AUGUST TO  
2 SEPTEMBER  
2016

Middle School Social (Years 6, 7 and 8)	19/8/2016
Boarders' Weekend - Optional	19-22/8/2016
Yr 12 Trial Examinations	19-26/8/2016
Year 10 Brain Bee Challenge State Finals	21-22/8/2016
Years 7 and 8 da Vinci Decathlon	24/8/2016
Years 5 and 6 Newcastle Permanent Maths Competition	24/8/2016
Years 9 and 10 da Vinci Decathlon	25/8/2016
IGSSA Trip 2 - Netball and Hockey	25-27/8/2016
Years 5 and 6 da Vinci Decathlon	26/8/2016
Years 2 to 6 IPSHA Athletics Carnival	28-29/8/2016
Boarders' Annual Birthday Party	31/8/2016
Grandparents' Day	2/9/2016
Starry Night of Music	2/9/2016



## Science Awards

Jonathon Shumack, Science Coordinator

### ICAS Science

The 2016 ICAS for Science was held during Term 2. PLC Armidale performed very well in this competition with 65% of our participants achieving at least a credit/merit result and 22% achieving in the top 10% for their year group.

**Distinctions:** (\* 1 mark off HD)

**Year 3** - Alannah Williams 96\*

**Year 4** - Scarlett Loxley 97\*

**Year 6** - Emma Dauparas 92

**Year 7** - High Distinction and the Award for the most outstanding result in the school - Rachel Kenrick 99

**Year 8** - Lucinda Ball 95 Lily Coleman 90 Jessica Li 97\* Shelby Philp 94

**Year 10** - Julia Chambers 89 Amelia Newton 96\*

**Year 11** - Georgina Hebblewhite 95 Ragavi Jeyakumar 93

### Big Science Competition

This competition is used as an application process of sorts for a range of exciting Science programs. A quarter of our students scored in the top 10% Australia-wide. As a result of our school's excellent scores in Big Science our high achieving Years 10 and 11 students have already been invited to participate in the Australian Science Olympiads, an excellent effort!

**Year 7** - Rachael Kenrick (HD) Emily Peet

**Year 8** - Lucinda Ball, Thurkka Jeyakumar

**Year 9** - Ria Kealey

**Year 10** - \*Amelia Newton (HD- best in school), Darcy Campbell, Georgia Breckenridge, Julia Chambers

**Year 11** - Brianna Robertson, Georgina Hebblewhite, Ragavi Jeyakumar



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## Senior School Notes

Anna Caldwell, Head of Senior School

We have made it to the middle of Term 3 already and it is all systems go! Our Year 12s are mid-way through their Trial HSC Examinations, students have auditioned for Bell Shakespeare and completed more ICAS exams. Last week we enjoyed the official opening of the newly refurbished science labs and now we are busy preparing for the next Netball and Hockey trip to Sydney for IGSSA and our Grandparents Day and the Starry Night of Music.

### Leadership

All speeches have now been presented by our Year 11 Students who have nominated for Leadership positions and interviews will be conducted over the next two weeks for those who nominated for Head and Deputy Head Prefect.

Voting will take place in Week 7. Manifestos are on display in the foyer of the library for all to read.

### Middle School Social

The Middle School Social will be held at PLC on Friday 19 August in the DKC from 7 – 9pm. Please drop your daughters off at 6.50pm at the Rose Garden and collect her at 9pm from the Rose Garden.

Strict dress code rules apply, please read the Socials Protocol in the School Diary.

### Duke of Edinburgh's Award

Our next expedition will be held over the first four days of the next school holidays, leaving school early on Saturday 24 September, with the Bronze hike being done that day and all day Sunday. Silvers will finish on Monday afternoon and the Golds on Tuesday. We are heading to Washpool and Gibraltar Range National Parks.



## Junior School News

Ainslie Breckenridge, Head of Junior School

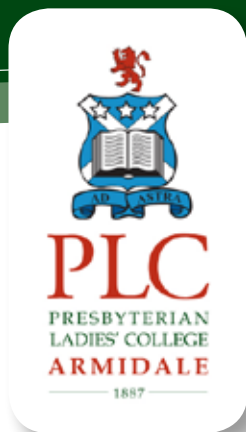
This term our *Flourish* program has recognised and discussed the character traits of judgment, forgiveness, creativity, leadership and love. Each week the disposition is introduced at Monday morning lines and then throughout the week, teachers use specifically formulated lesson plans to further develop the discussion about the character trait. There may be discussion work, books to read or clips to watch in your daughter's PD time. For these character traits to be embedded in the girls' everyday interactions, we need to support the teachers by encouraging discussion at home and in the playground to further identify what they are and why we learn about them. In an era where so much technology and screen time can reduce communication between people, we need to encourage these character traits that *Flourish* identifies to ensure our girls are continuing to understand the importance of them in becoming well balanced and compassionate people. I strongly encourage parents to talk to your daughters about the *Flourish* program and take an interest in the School diaries which outline how they are learning to *Flourish*.

I would also like to take this opportunity to encourage the girls to finish off their Premier's Reading Challenge logs. We have many girls who have already completed their online logs. If you need help with the logging of titles process, please see your classroom teacher. The Premier's Reading Challenge is a wonderful way to encourage reading and to promote the love of children's literacy. It certainly isn't a competition to see who comes first but it is a wonderful encouragement tool for the girls to pick up quality texts to read.









## Annual *Grandparents' Day*

**You are invited to share a morning in the life of  
your granddaughter/s at PLC Armidale**

*Friday 2 September 2016*

**10.00am - 12.30pm at PLC Armidale**

Bookings are essential for catering purposes  
Please book your attendance by Monday 29 August 2016 at:

<http://www.trybooking.com/IAPF>

**For assistance with booking please contact  
Sue on 6770 1700**



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## PLC Council Dinner





## Music Notes

*Matthew Minter, Director of Music*

Firstly I would like to thank Mrs Rickards for filling in for me while I was in Austria. It was wonderful to be able to concentrate on the task at hand in Vienna and know that the Music Department was in highly capable hands at PLC.

It was an inspirational experience to be part of the Golden Key International Piano Festival in Vienna. During the week I heard many wonderful recitals given by outstanding international concert pianists. I was specifically involved in the Piano Composition Competition and was awarded Second Place in the Professional Category with my piece Soliloquy. I performed this work in the Erhbar Hall on 3 August.

It was wonderful to hear the updates about what was happening at home while I was away, and to return to such a talented group of students who are achieving at such a high level. This was very apparent at the Council Dinner on Friday night where Abigail Thompson performed the Prelude from Bach's G Major Cello Suite and Syrana Glenn performed an Aria, Lascia Ch'io Pianga from Rinaldo by Handel. These two solo performances were absolutely outstanding and both of these girls demonstrated their potential for extremely promising futures in Music.

Thanks also to Mr Jackson for leading the Cello Ensemble in an excellent performance of Pachelbel's Canon. The quality of music in Armidale, and PLC in particular, is extraordinary and many of our students are performing with a depth of stylistic understanding that would be respectable for young musicians in the finest schools around the world. This is of course a reflection of the outstanding peripatetic teaching staff that support the students and guide them through these exciting formative years.

This extraordinary legacy of Music is highly represented in the impressive achievements of Isla Biffin who recently performed the Mozart Concerto for Flute and Harp with Flautist Nick Negerovich and the Armidale Symphony Orchestra in a concert at Lazenby Hall on Sunday 14 August.

The recent AMEB exam results are also a reflection of the outstanding standard of musical excellence in our community.



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We have the string results already. The voice, piano, wind and brass results will be released in the next issue of Lion's Roar. Congratulations to all the students who participated in these exams.

Here are the results we have received so far:

**Elinor Warwick:** 8<sup>th</sup> Grade Violin (A)  
**Sarah Hughes:** 7<sup>th</sup> Grade Cello (A)  
**Clare Warwick:** 7<sup>th</sup> Grade Cello (A)  
**Emily Thompson:** 6<sup>th</sup> Grade Violin (A+ distinction)  
**India Smith:** 3<sup>rd</sup> Grade Violin (A+)  
**Alannah Williams:** 1<sup>st</sup> Grade Violin (A+)  
**Pip Constable:** 4<sup>th</sup> Grade Cello (A)

I would like to wish our three HSC Music students, Isabella Post, Syrana Glenn and Jessica Tan all the best for their forthcoming HSC Music exams. They have their HSC compositions due on 1 September, Trial HSC Performances on 24 and 26 August and Performance Exams on 13 and 15 September.

This week we welcome a practical teaching Music student Miss Holly Smith to our college. She has come from Sutherland Shire and is currently a third year student at Sydney Conservatorium of Music. Holly has spent many years living in London and the USA. Holly is a violinist and is a member of the Sydney Youth Orchestra and the Conservatorium Baroque Ensemble. She was really impressed with both the Senior and Junior String ensembles, both of which she worked with on Tuesday. Holly will be with us for six weeks until the end of term.



## The Geng Zu

*Deidre Rickards, Director of Strings*

Year 9 student Hanna Wu has recently arrived at PLC from China, and is happy to know that we have a Chinese instrument known as a Geng Zu. Hanna is pictured here tuning the instrument. We

look forward to a performance!







## Hawkesbury Training – Grafton Paddle this weekend

*Anna Caldwell,  
Hawkesbury Canoe Classic Coordinator*

Training for the Hawkesbury Canoe Classic is well underway and we have been blessed with beautiful conditions each Sunday.

This weekend will see most of our crews heading to Grafton for a night paddle training session. This is a fabulous experience not only for the paddlers but also the landcrew.

PLC really is going from strength to strength in our Outdoor Educational activities. This year we have the largest paddling contingent from PLC to date. The team work and camaraderie on and off the water is fabulous and it is lovely to see so many father/daughter crews.



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## Junior School Music

*Constance Rolfe, Junior School Music*

"On Thursday 11 August 9 students from PLC Senior and Junior Schools participated in the Children's Chorus for Opera Australia's production of the *Marriage of Figaro* by Mozart. They sang spectacularly and all of them had a beautiful presence on the stage. It was a fantastic opportunity for them to work with professional opera singers and was an experience none of them will forget.

The girls joined 15 other students from around the Armidale region who began rehearsing in May for the performance last Thursday evening.

The students are: Lily Graham (Year 8), Nina Breckenridge (Year 6), Pip Constable (Year 6), Heidi Martin (Year 6), Naomi Martin (Year 6), Gabrielle Cotterell (Year 5), Chloe Davison (Year 5), Sophia Smart (Year 3) and India Smith (Year 3).

Congratulations on a spectacular performance!"

## Armidale District Netball Association Presentation & Awards

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

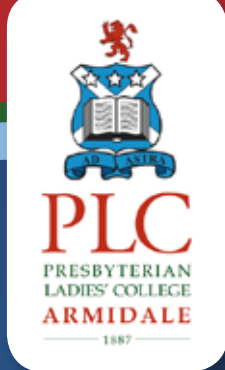
**WHERE:** Armidale City Bowling Club Auditorium

**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**



Annual

# Starry Night of MUSIC

To celebrate the music of PLC Armidale

**Friday 2 September 2016**

**6.00pm - 7.30pm**

Refreshments available from 5.00pm

**Astra Arts Centre, PLC Armidale**

**Adults \$15 • Children \$10 • Family \$30**

A proportion of proceeds from ticket sales will go to the P&F who will serve refreshments before the event.

Tickets may be purchased at:  
<http://www.trybooking.com/IAOZ>

**Limited tickets will be available at the door**



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### Year 7 and Year 8 Designing Esteem Workshop

**4th & 5th August 2016**

*Anna Caldwell, Head of Senior School*

The middle school years of Year 7 and Year 8 can be a time of uncertainty and lots of change. Our girls participated in a two-day program with workshops that focused on self-care, self-esteem, self-respect, positive body image, keeping them selves safe in the digital world and through self-defense classes, to keep them safe in the real world.

We had fabulous guest speakers; Amy Hetherington from Armidale Discount Drug Store, talked about the importance of self care and hygiene. The girls loved receiving their Natio skin care gift packs.

Roger van den Hoek informed the girls on how to stay safe and ran a self defence class where they learnt how to defend themselves and get out of tricky situations and how to get out of a hang grip effectively.

David Moffitt also ran a presentation on cyber safety, which was very relevant, informative and reminded the girls how to stay safe in the digital world.

Amelia Thomas, from Leading Ladies lead the girls through an Etiquette class, focusing on the importance of good manners and being polite, how to dress and present yourselves well and how to have good table manners, which was then put to good use at their formal lunch, where Paula Goode also taught them how to set a formal dining table and create napkin masterpieces.

The girls learnt about their leadership and interaction styles and how to work effectively with everyone in a team situation, maximizing everyone's strengths and then participated in an Amazing race. A race around the school, solving logic puzzles, physical challenges and trivia questions. They had to solve clues as well through the use of QR codes and code readers! It was a true test of team work.

#### **Quotes from the girls:**

I really liked the self defence because I learnt how to be safe.

I learnt how important it is to work in a team, and listen to each other and respect each other with their ideas.

These were the best two days of my life. So much fun!

I learnt that self respect and etiquette are important life skills.

Everything is better when working as a team.

Manners and good etiquette will take you anywhere in life.

Everyone and everything has a value.







## Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

### PSSA Athletics

On Tuesday 2 August, a team of 21 PLC Junior School Girls competed at the annual PSSA Athletics Carnival held at Armidale High School. We were fortunate to have the weather on our side and were able to enjoy a fantastic day of running, throwing and jumping. There was so many PB's achieved on the day which was fantastic to see and of course, our team spirit and sportsmanship was second to none. A very big special thank you to Mrs Anna Dellow for being our team manager on the day and assisting to make the day run so smoothly for the girls.

I would like to congratulate each and every one of the following girls for representing our school so well and being an absolute delight to have there on the day:

Sophie Young, Macey Wake, Charlotte Portell, Ruby Broun, Sienna Dellow, Catie Alcorn, Neve Daugherty, Gabby Cotterell, Poppy Broun, Piper Starr, Maddi McCook, Pip Constable, Jenna Marquardt, Lucy Young, Amelia Wake, Mary Flannery, Naomi Martin, Heidi Martin, Nina Breckenridge, Lucy Caldwell, Emma Dauparas



### Results

Special congratulations to the following girls who received 1st, 2nd or 3rd places in the finals of their events:

*Charlotte Portell:* 2nd 9 years 100m, 3rd Junior 200m

*Sienna Dellow:* 1st 10 years 100m, 1st Junior 200m, 3rd Junior Long Jump

*Catherine Alcorn:* 2nd Junior Shot Put

*Lucy Young:* 3rd 11 years discus, 3rd 11 years Shot Put

*Maddi McCook:* 1st 11 years 800m

*Nina Breckenridge:* 3rd Senior High Jump

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### IPSHA Athletics

One of our largest Junior School Athletics teams will be travelling down to Sydney on 28 and 29 August for the IPSHA Athletics Carnival. Good luck to all girls and keep watch for our results!

### Athletics Training

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

### Summer Sport

Sign up sheets for summer sports (Terms 4 and 1) will be placed on the Junior School Sports Noticeboard – indoor hockey, basketball and touch football. Teams will depend on numbers of girls wanting to play each sport.

# BOOK FAIR



Children's Book Council 'Book Week' and Grandparents Day are both being celebrated here at PLC in Week 7 of this term. As part of these exciting events, the PLC Library will be holding a Scholastic 'Book Fair' on 1 and 2 September. Books will be available for students and their grandparents to donate to the PLC Library, or for grandparents to purchase for their grandchildren's own collections. This is a celebration of reading here at PLC, and will allow students a chance to get their hands on some brand new titles. All books will be on display in the Junior Library and students will be able to browse the collection in the week leading up to the book fair.

The theme for Book Week this year is "Australia! Story Country". Storytelling has always been part of the Australian landscape. From the Aboriginal Dreamtime to modern day stories of Australia, we have a rich and diverse collection of tales to be passed from generation to generation.

We also have copies of all of the books that have been nominated for the Children's Book Council Awards in 2016 available in our libraries at the moment, ready for students to borrow and enjoy.

Our Libraries are spaces that our students love being in, and reading is alive and well here at PLC!





## Boarding House News

*Margot Ball, Head of Boarding*

It is timely to congratulate many high achieving boarders for their outstanding performances lately in music, drama, sports and other pursuits.

Congratulations to Syrana for her amazing HSC vocal performance at the Council dinner last Friday and to Darcy for her dramatic performance there also and her successful audition for Felt Tip Theatre's 'Grimm Tidings'

Congratulations to Freya for her talented HSC drama performances at TAS Hoskins Centre earlier this month.

Congratulations to the Cattle Team members Saskia, Molly, Laura and Paris for success at Ekka and to Paris for her excellent results at Whip Cracking.

Congratulations to Jorja for her success in her equestrian events.

Good luck to IGSSA athletes Larris, Sharnika, Laura and Emma and to our girls competing next week in the IGSSA second round of netball and hockey.

Grace, Kate, Julia and Tara will go on a training paddle this weekend in Grafton and then on to the Hawkesbury Canoe Classic in October.

Darcy and Gabi are off to the state finals of the Brain Bee Challenge on Sunday. Good Luck girls.

Syrana will be going to Canberra on August 26 for her Yalari Year 12 graduation celebrations.

Good Luck to Kate and Lucy who will be heading off to the Thailand Service Learning trip in the holidays next month.

Congratulations to Kate and Tara who have been selected to participate in the National Youth Science Forum in Canberra in January

Our Hospitality students, Khiaecia, Brooke, Tiffany, Tahlia, Selina and Agnes are out at various cafes and restaurants doing work experience this week. Good luck girls.



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### Planned Activities

#### August 19

School Social for Years 6, 7 & 8 with NEGS and TAS

#### August 27

Bonfire Night

#### August 31

Annual Boarders Birthday Party

#### September 3

Yr 12 Formal

#### September 4

Fathers Day BBQ Breakfast 10am

#### September 10

Games/ cards Night

#### September 11

Colour Run

#### September 17

Olympics Challenge

#### September 20

Boarder Farewell to Year 12's

#### September 23

Distance Boarders' Travel Day

## HOCKEY NEW ENGLAND INDOOR HOCKEY REPRESENTATIVE SELECTIONS

Selections Trials for Junior Indoor Hockey teams to represent Hockey New England at the **2016 NSW Indoor State Championships** will be held at the Den:

#### U15 BOYS and U15 GIRLS

Saturday 20<sup>th</sup> August 2016, 6pm

#### U13 BOYS and U13 GIRLS

Saturday 27<sup>th</sup> August 2016, 6pm

#### U18 BOYS and U18 GIRLS

Saturday 27<sup>th</sup> August 2016, 7:30pm

#### PLEASE ENSURE YOU ARRIVE

**AT LEAST 15 MINUTES PRIOR TO START TIME.**

**SHIN PADS and MOUTHGUARDS MUST BE WORN.**

**INDOOR HOCKEY STICKS MUST BE TAPED**

Michelle Constance, HNE Indoor Hockey Secretary

Phone: 0435 102 929

Email: [michconstance@gmail.com](mailto:michconstance@gmail.com)

INDOOR STATE CHAMPIONSHIP	DATES	VENUE
Under 15 Girls	14 – 16 October, 2016	Niagara Park, Central Coast
Under 15 Boys	15 – 17 October, 2016	Niagara Park, Central Coast
Under 21/Open Men	21 – 23 October, 2016	Goulburn
Under 21/Open Women	28 – 30 October, 2016	Goulburn
Under 13 Girls	4 – 6 November, 2016	Niagara Park, Central Coast
Under 13 Boys	5 – 7 November, 2016	Niagara Park, Central Coast
Under 18 Girls	11 – 13 November, 2016	Goulburn
Under 18 Boys	18 – 20 November, 2016	Goulburn
Masters Men	3 – 6 February, 2017	Goulburn
Masters Women	10 – 12 February, 2017	Goulburn







## Development and Enrolments

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



### Official Opening of the Refurbished Science Labs

What do a lego robot, a timber periodic table, cake, the "Glee Club", a Science video, a Professor and a Politician have in common?

They were all "elements" involved in last week's official opening of the refurbished Science Laboratories at PLC Armidale, where we were very fortunate to host the NSW Chief Scientist & Engineer on the eve of National Science Week. And what an inspiring speech and message she delivered! This followed the morning presentation, where The Hon. Barnaby Joyce, Deputy Prime Minister of Australia, Minister for Agriculture & Water Resources and our own Member for New England, unveiled the official plaque, which was delivered on stage by a lego robot built and programmed by our Year 5 girls (assisted by Mr Moffitt, Mrs Robertson and Mrs Kennedy). Following the official proceedings, our guests toured the newly refurbished Labs, interacting with displays of a variety of student works presented by Years 8 and 10. After school, there was also an Appreciation Drinks for our many donors who have generously supported this project. The whole day was a wonderful showcase of PLC Armidale along with its impressive students and facilities. Our sincere thanks to all those involved, especially the science staff, with a very special thank you to staff member, Jason Browne, for the many hours of work which went into the beautifully constructed timber PLC Armidale Periodic Table.

### Agquip 2016

For the first time in a few years, the sun shone brightly this week over Australia's largest agricultural field day, Agquip, near Gunnedah. It was an incredibly busy three days for Sally and I, which is very encouraging indeed. Our sincere appreciation to the many past, present and future families and students who visited our PLC Armidale stand over the three days. Our very special thanks to Angela Ordish (Emma Barnier's Mum) who hosted Sally and I during the week. Ange, your wonderful hospitality was exceptional ... thank you.

### "Around the World in a Few Hours" ... the Junior School Open Afternoon

Whilst every day is Open Day at PLC Armidale, our creative Junior School staff are working diligently behind the scenes to organise this year's Open Afternoon on Thursday 15 September (3.45 – 6.30pm). The afternoon is a FREE girls' only event for current and prospective Pre-K to Year 6 girls, however, families are welcome to join their daughters at the conclusion of the much-anticipated event for the Aussie BBQ. This year's theme will feature the languages, culture and culinary delights of the many different countries and continents across the world. Certainly an event not to be missed! Please spread the word. And don't forget to contact us for your special PLC Passport!! (Flyer attached)

### Grandparents' Day and Starry Night of Music events ... only 2 weeks away!

All families should have received their invitations to these two events on Friday 2 September. We look forward to receiving your RSVPs ... ASAP please.



## Cattle Team Report

*Judy Miller, Cattle Team Coordinator*

It was an early start for the girls who headed off to Brisbane on Saturday 30 July, to compete once again at The Royal Queensland Show. The Ekka team this year consisted of Emily Peet, Laura Hayes, Paris Whibley, Molly Trindall, Saskia Kennett, Briana Merritt and Layla Williams.

The competition was fierce again! This year with over 300 schools vying for the ribbons that were up for grabs in the Junior Judging, School Paraders and Herdsman's competitions. All the girls competed in the paraders and junior judging with the Schools Team comprising of Molly Trindall, Paris Whibley and Saskia Kennett. Molly did very well to make the finals of the Stud Paraders' as well as the finals in the intermediate division of the school paraders. There were 200 students entered into this event alone, so to make it that far is admirable.

As the team were showing only stud cattle this year, the logistics of being at the showground were much easier to manage, with all the stock being housed in the one area. The girls not only prepared cattle for Tim Light and Briony Looker and their respective studs, but also for Kim Usher's Red Poll stud. Grant Watt was grateful to be ably assisted with the preparation of his Mundoo Angus cattle by Briana Merritt and Emily Peet. Tim's cattle won a number of ribbons and after 10 years of competing at Ekka, Lagoona Nichola took out the prize for Grand Champion Female. Congratulations Tim!

Paris Whibley also had a great result when she came second in her class of the Whip Cracking competition.

A big thank you to the parents who attended - Rodney Merritt who transported the girls to and from the show and who also assisted in any way he could. Amanda Kennett organised the catering once again with nutritious meals provided for the team. Thank you once again to Amanda and Rodney for all your hard work and support.







## Pastoral Care Conversation

*Paula Goode, Pastoral Care Coordinator*

The concept of global citizenship or perspective can mean different things to different people. Sometimes, it refers to people who have had experiences abroad. Other times, it is someone who is knowledgeable about other parts of the world. So, What is Global Citizenship? What does it mean to be a global citizen? A global citizen can be described as someone who identifies with being part of an emerging world community and whose actions contribute to building this community's values and practices.

Education of global citizenship and perspective empowers young people to develop capabilities that allow them to build their knowledge of the world around them, actively engage with the world, and help to make it a more just and sustainable place. Global Citizenship and Perspective is best implemented through a whole-school approach, it is not an additional subject at PLC Armidale, it is integrated into the fabric of the College, an ethos so to speak. It highlights aspects such as current affairs, social justice, the appreciation of diversity and the importance of sustainable practices.

At PLC Armidale, we shadow a Learn-Think-Act process parallel to Oxfam Education - Learn by exploring issues, considering them from different viewpoints and try to understand the causes and consequences. Think by using critical thinking skills what can be done about an issue, and relating this to values and worldviews and trying to



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understand the nature of power and action. Act by thinking about and taking action on an issue as an active global citizen, both individually and collectively. We embrace the Global Kids Connect 5 top points to 'Being a Global Citizen'. This means you:

- Learn about the wider world and understand the way you fit in as a global citizen. You can read newspapers, watch the news on TV, or look at news websites to find out what is going on in the world. Talk to your parents, teachers and friends about issues affecting your school, community or country, or another country. By sharing ideas, we can help come up with ways to make the world a better place.
- Learn about and pay attention to the ways that money, politics, culture (like movies and music), technology (like the internet), and the environment (natural resources) affect the world.
- Learn about and respect the many different peoples and cultures in the world. Start by getting to know the people at school and in your community and asking them about their families and backgrounds. Share what you learn with others. Remember, you can improve the world through small, everyday actions.
- Become active in your own community - help to make your home a better place to live.
- Participate in the global community - take steps to make the world a better place for everyone. Even though you're far away, you can help people in other countries who live in difficult or dangerous situations.

By encouraging the use of teaching and learning tools like 'Behind the News' and the 'Classroom Solutions' quiz; initiatives such as the Global Garden project and Duke Of Edinburgh award scheme; activities including Speech & Drama and Debating. As well as service programs to Fiji, Vietnam & Thailand and the community activities at the year's end we hope that the girl's engagement in these countless opportunities warrant them to becoming prepared global citizens with a broader perspective on life.

As citizens of the world, we have responsibilities to each other and to the Earth itself. Whether through sharing knowledge, volunteering, advocacy or philanthropy, everyone can make a difference. PLC Armidale students can and will make a difference!



## Days for Girls

*Paula Goode, Pastoral Care Coordinator*

So what is Days for Girls? DfG is an international network that aims to help young girls and women in developing countries, gain access to sustainable feminine hygiene products. Girls worldwide suffer indignities, infection, even exploitation trying to manage their menstruation and stay in school. When you help a girl and you help every member of her family, her community and her nation. Visit the link to find out more:

<http://www.daysforgirls.org/why-girls>

This term, Years 9 and 10 Design & Technology classes have been undertaking a textile-manufacturing project, the main focus of this unit is to integrate social service into everyday classroom activities. In conjunction with Armidale Rotary and Zonta clubs earlier this year a Days for Girls chapter has been formed in Armidale, and with the guidance of Mrs Goode PLC Design & Technology students are working toward supporting girls and women to break the poverty cycle and help girls stay in school and change lives by handcrafting components for DfG kits.

Each kit that the students make, assemble and send to DfG Australia consist of: 1 drawstring bag, 8 liners, 2 moisture barrier shields, 2



zip lock freezer bags, 1 washcloth, 2 pairs of underwear, 1 visual instruction sheet and 1 travel-sized soap. These kits are quality made and are set to last for 2-4 years. Each DfG kit gives a girl 8 months back in 3 years. The PLC goal is to make and donate 110 kits.

The DfG network has been very successful, as they have reached and empowered 350,000+ girls and women around the world in over 100 nations already. The work of Days for Girls Australia has been transformative for women and girls all over the world. It is always nice to feel that you are helping make a difference to someone in some small way.



## Parenting *ideas* INSIGHTS



### *Building parent-school partnerships*

WORDS Michael Grose

## The pitfall of using other children as benchmarks

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child's behaviour, academic progress or social skills with a sibling or your friend's children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

But it's hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child's progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

#### **Kids develop at their own rates**

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends' kids and even themselves when they were in school.

The trick is to focus on your child's improvement and effort and use your child's results as the benchmark for his or her progress and development. "Your spelling is better today than it was a few months ago" is a better measure of progress than "Your spelling is the best in the class!"

#### **Gender matters**

It's no secret that boys' and girls' brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills.

Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

**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

### ... The pitfall of using other children as benchmarks ...

#### Kids have different talents, interests and strengths

So your eight-year-old can't hit a tennis ball like Novak Djokovic, even though your neighbour's child can. Avoid comparing the two as your child may not care about tennis anyway.


It's better to help your child identify his or her own talents and interests. Also recognise that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

#### Avoid linking your parenting self-esteem to your child's performance

As a parent you should take pride in your children's performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn't have too much personal stake in your children's success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim "You are not your child" is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as "unconditional love".

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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