

lion's roar

TERM 3 • 2 SEPTEMBER 2016 • VOLUME 267



From The Principal

Mrs Nicola Taylor

Welcome to Spring! A walk around the gardens of the College is showing the benefit of the recent rain, the expertise of our gardener Stephanie Newman and the beauty of creation. The blossom trees, various bulbs, violets, daphne and hellebore flourishing add perfume and colour to brighten even the greyest of days. As you read through this edition of the Lion's Roar, I trust that you like me am struck by the accomplishment and flourishing of girls at the College. The list of achievements is very impressive, especially in those events involving other much larger schools our girls continue to strive and achieve academically, musically, creatively and on the sports fields. Thankyou to the staff who work closely with the girls in each of these areas to mentor, encourage and support the girls in their endeavours. A special thanks to Mrs Kirsty Miller (National Brain Bee Challenge), Ms Jacquelyn Whitland (Da Vinci Decathlon), Ms Jan Patterson (Speech & Drama) and our IGSSA Competition Coaches, Ms Kim Taylor (Open Hockey), Ms Emma Young (Junior Hockey), Ms Kirstie Fuller (Senior Hockey), Mrs Shona Eichorn and Mrs Shane Moffitt (Junior Hockey).

This week students and staff across the College were charged with the task of voting for the 2017 Prefecture. Manifestos read, speeches delivered, interviews conducted, the last remaining task was to decide how to cast the vote. At assembly, the Senior School was challenged to vote on the basis of worthiness, fit for position, a commitment to service rather than individual popularity or other less substantial attributes for leadership. In the Pastoral Care Conversations section of the newsletter Mrs Caldwell has outlined well the College's commitment to student leadership. In our all girls environment, girls have many and varied the opportunities to lead or learn about leadership which we believe positions them well as 21st Century, global citizens.

A recent study of the determiners of effective student leadership highlighted the following qualities, Someone who is authentic acting on conviction, staying true to what right even when faced with the challenges of popular opinion. Open minded, always willing to listen. Proactive, honest, generous with a servant mindset, clear communicators, confident, fair, consistent in character and able to build

a team by respecting and valuing the input of others. It was a difficult task to determine our 2017 Prefecture, not because we were scrambling to identify students who embody these qualities, but because of the choice and number of girls who were well suited for leadership positions. However, votes cast, votes counted with congratulations offered to all nominees, the following positions have been appointed.

Head Prefect:

Ragavi Jeyakumar

Deputy Head Prefect:

Kate Biddle

Creative Arts Prefect:

Dakotah Love

Sports Prefect: Emma Ranck

Boarding House Prefect:

Lucy McDonald

Boarding House Deputy: Isobel

Moore

Forrest Guild Captain:

Alex Hiscox

Forrest Deputy:

Laura Cotterell

Gregory Guild Captain: Georgia

Hutton

Gregory Deputy: Kiera Shaw

Macquarie Guild Captain: Anna

Finney

Macquarie Deputy:

Sarah Evans

Wentworth Guild Captain:

Jessica Chambers

Wentworth Deputy: Amanda

Richards

Congratulations also to the **Spiritual Leaders** appointed for 2017, Georgina Hebblewhite and Dakotah Love.

I am looking forward to working closely with these girls as they take up the mantle of student leadership and am excited about the contribution and positive role modelling each will bring to their respective role.

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calendar OF events

**2 - 16
SEPTEMBER
2016**

Grandparents' Day	2/9/2016
Starry Night of Music	2/9/2016
Year 12 Formal	3/9/2016
Boarders Fathers Day BBQ Breakfast	4/9/2016
Fathers' Day	4/9/2016
HSC Creative Arts Evening	6/9/2016
Junior School Fathers' Day Breakfast	8/9/2016
Year 10 VALID Science Test	9/9/2016
Show Your Colours for the Chopper Colour Run	11/9/2016
Boarders' Church Service at St Paul's	11/9/2016
Year 11 Exams	12-16/9/2016
Junior School Open Afternoon	15/9/2016
Year 7 Experience Day and Sleepover	16/9/2016
IGSSA Hockey Semi Finals/Finals Sydney	16/9/2016



Brain Bee Challenge

Kirsty Miller, Science Teacher

Last Sunday four PLC students from Year 10: Mackenzie Wood, Gabi Parsons, Darcy Campbell and Amelia Newton, travelled to UWS to complete the NSW Brain Bee Challenge State Finals. The state finals represented the top 10% of over 2000 students that participated in the first round of the challenge. PLC Armidale competed in the team challenge, as one of the top schools in the state. PLC did a fantastic job and placed 9th overall - well done girls!

Whilst at UWS-Campbelltown students also participated in an interactive physiology experiment, were given lectures by Medical Professors, and experienced what it was like to be a university medical student.

Overall each student represented the school brilliantly and conducted themselves exceptionally well in all aspects of the competition. These students should be extremely proud of their efforts- WELL DONE!



Senior School Notes

Anna Caldwell, Head of Senior School

UNE Research Project on Social Media, the body and rural communities: Implications for Health.

With the widespread use of technology and social media being strongly linked to mental health issues, we are excited to have been invited to be a part of a research project being conducted by the School of Education at UNE.

The project aims to explore how social media may influence young people's understandings of the body and what are the potential implications for their health.

Parents of students who are 16- 17 yrs old will receive information and a permission letter that, if you are willing to have them participate in this project, is to be signed and returned to the office by Monday 5th September.

Fathers' Day

I would like to wish all our Fathers, Grandfathers and significant adult males in the lives of our girls, a very Happy Fathers Day for Sunday 4th September.

What is on for the rest of this term:

Week 9

Year 11 exams.

Our representative teams for Hockey and Netball will compete in the IGSSA Semi Finals/ Finals in Sydney.

Our Winter sporting teams will compete in the local competition semis and finals.

Junior School Open Afternoon on Thursday afternoon

Year 7 2017 Experience day on Friday

Week 10

Year 12's final week of school. We will farewell them with a final assembly on Monday, Valedictory Service on Thursday morning and Dinner on Thursday night.

Years 9, 10 and 11 will participate in Batyr Workshops, focusing on positive approaches to Mental Health on Thursday after Valedictory.

Friday, the last day of term, is Guild Activities Day. All students will participate in a variety of activities in their Guilds. This day has been organised by our SRC members and Yr 11 Students.

Looking ahead to Term 4

All girls will return to school in Term 4 wearing their Summer Uniform. Now is a good time to check that the girls summer uniform fits well and arrange a time to see Mrs Notley in the Clothing Shop for any items that need to be replaced.



Middle School Social

Friday 19 August saw over 200 students from PLC, NEGS and TAS come together for a night of dancing at the Middle School Social. The DJ, music, birthday celebrations, laser lights and smoke machine added to the atmosphere and fun was had by all.

Thank you to all the staff who helped supervise and the All Occasions DJs.

The next Social will be for Years 9 and 10 and will be held at PLC on Friday 11 November.



Please join us for the

JUNIOR SCHOOL Fathers' Day Breakfast AND CHAPEL SERVICE

THURSDAY 8 SEPTEMBER 2016

7.45AM - 8.45AM

Junior School undercover area followed
by Chapel in the Astra Arts Centre



Educating successful women of tomorrow in a Christian environment.

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Da Vinci Decathlon

Jacquelyn Whitland, Learning Support Teacher

I just wanted to let you know how proud I am of the way the Year 7 and 8 da Vinci Decathlon teams represented PLC Armidale today.

Our Year 7 team (Natalie Brennan, Sienna Catterall, Georgia Donoghue, Eva Goswell, Rachael Kenrick, Emily Peet, Pearl Rogers and Annabel Sevil) did PLC proud with their behaviour, their team work, and their results. They 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.

Our Year 8 team (Lucy Ball, Lily Coleman, Lucy Fulloon, Sarah Hughes, Thurkka Jeyakumar, Jessica Li, Lily Neilson and Chloe Vanderwolf) approached each of the very demanding challenges positively and worked exceptionally well together as a team. They also came away with some wonderful results, placing 3rd in the Art and Poetry Challenge, 2nd in the Philosophy Challenge and 1st in the General Knowledge Challenge.



Junior School News

Ainslie Breckenridge, Head of Junior School

Our Junior School Open Afternoon is fast approaching and the staff and girls are busily getting ready to go 'around the world in an afternoon!' The theme of our open day this year is a global focus as we wanted to recognise the fact that our girls today are members of a global community, connected to the whole world by ties of culture, technology, friendships and travel.

Enabling young people to participate in shaping a better shared future for the world is at the heart of global education. It emphasises the unity and interdependence of human society, developing a sense of self and appreciation of cultural diversity, affirmation of social justice and human rights, building peace and actions for a sustainable future in different times and places. It places particular emphasis on developing relationships with our neighbours in the Asia-Pacific and Indian Ocean regions.

Global education promotes open-mindedness leading to new thinking about the world and a predisposition to take action for change. Students learn to take responsibility for their actions, respect and value diversity and see themselves as global citizens who can contribute to a more peaceful, just and sustainable world. Here at PLC, we embed global perspectives into many units of work and our Action Group/SRC groups also are very globally focused in their awareness and fundraising activities.

On Thursday 15 September, Our Junior School will transform into countries from all corners of the world; Scandinavia, Oceania, the Middle East and Asia while our library will be filled with sounds from music around the world. Our corridors will be filled with information about different countries and at the end of all this excitement and activity you can join us for an Aussie BBQ outside. It will be a fun and informative afternoon. The girls can come dressed up as anything from another country. It would be helpful to establish with them some facts about their costume. I encourage all the girls to come for the afternoon activities and please feel free to bring along any girlfriends of your daughters if they would like to visit the school.



Successful Speakers Abound at PLC Armidale

Jan Patterson, Speech and Drama Teacher

Once again the girls doing Speech and Drama examinations have excelled themselves. Sixty four percent of the students gained A+ - Honours with High Distinction or A - Honours with all students receiving favourable reports.

In the top Grade 9 Certificate in Voice and Communication Australia, twelve of our Year Eleven girls gained outstanding results and can now put the letters CVCA after their names. These students were Brianna Robertson, Alessandra Perry, Dakota Love, Sarah Evans, Laura Cotterell, Lucy McDonald, Ragavi Jeyakumar, Kiera Shaw, Agnes Thwaites, Isobel Moore, Hannah Croft and Georgina Hebblewhite.

Any girls who are interested in commencing Speech and Drama should contact Mrs Patterson this term as this is the ideal time to begin.

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Students who gained an A+ or an A in the **Drama and Performance Syllabus** are as follows:

Grade 7

Gabriella Parsons A+
Darcy Campbell A+

Grade 6

Frances Hebblewhite A
Isla Biffin A+

Grade 5

Thurkka Jeyakumar A+
Lucinda Ball A+
Jessica Li A+
Chloe Vanderwolf A
Caitlin Hansford A
Shelby Philp A
Isabelle Taylor A+
Olivia Hoppe A+

Grade 4

Pearl Rogers A
Charlotte Thomas A
Sienna Catterall A

Grade 2

Catherine Alcorn A+
Gabrielle Cotterell A
Poppy Broun A

Voice and Communication Syllabus Grade 8

Chloe Stier A
Sophie Hanson A

AMEB Exam Results

Congratulations to the following students on their success with the recent AMEB exams:

Gracen Moore achieved A+ High Distinction in her Grade 8 Recorder AMEB exam.

Lily Graham received a B+ for 3rd Grade Singing, Isabelle Taylor received a B for 3rd Grade Singing,

Jenna Marquardt received a B+ for grade 2 piano

Maggie Ryan received an A for grade 1 piano

HSC

Design & Technology

Extension English

Extension History

Music

Visual Arts

oeuvre

6PM TUESDAY 6 SEPTEMBER CREATIVE ARTS FOYER



Music Notes

Matthew Minter, Director of Music

All students are busily preparing for Starry Night and congratulations to all the ensembles on their excellent work. The evening will commence at 6:00pm, with light refreshments served from 5:30pm. We are expecting the evening to conclude by 8:00pm.

Practical Teacher

Our student teacher, Miss Smith has started working with the Junior classes and all the girls are thoroughly enjoying her vibrant and exciting lessons. Holly has a gift of being able to integrate performance, composition and listening activities to introduce content and key curriculum ideas in carefully structured practical and experiential learning sequences.

Holly's expertise as a violinist has also been invaluable. She has assisted with the coaching of the string quartet and she has been able to play an important role in preparing many ensembles for Starry Night and other upcoming events.



James Doig

On Monday 29 August we had a visit from James Doig, a pianist and singer from Sydney who provided master classes for the choir and the Year Twelve vocal students. James then presented a magnificent performance of Schubert Lieder at the assembly for the school. It was an inspirational visit for the girls and very exciting to see them responding to his expert guidance in vocal technique.

Visit to Kent House

On Friday 19 August Dakotah Love, Agnes Thwaites and Sarah Hughes performed at Kent House for elderly members of our community and their carers, generously accompanied by Mrs Rickards. The girls performed extremely well and the elderly members of the community responded with delight to the girls' performances.



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Junior String Orchestra Presentation

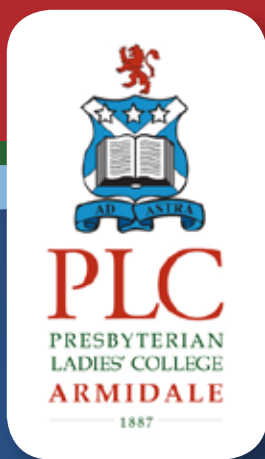
Deidre Rickards, Director of Strings

Congratulations to the members of the Junior String Orchestra who played for an audience in the CWA Hall on Tuesday 23 August in the "Care for Seniors programme". The girls climbed onto the PLC Bus with James Pankhurst driving and sang songs along the lines of....."the wheels of the bus go round, round round etc all the way to the CWA!

They assembled without fuss and played very well. The seniors loved listening to them and gave them a delicious morning tea of fruit juice and chips.

I hope we have a good audience for Starry night. These girls are magnificent!





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.plcarmidale.nsw.edu.au>

TONIGHT!
Tickets available at
the door

Educating successful women of tomorrow in a Christian environment.

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P&F News

Janine Ranck and Deb Hiscox, Co-Presidents

Starry Night Concert

This Friday the P&F are serving refreshments before the commencement of the Starry Night of Music Concert for guests.

Any donations of food can be dropped off to reception during the day or brought directly to the Astra Arts Centre from 4pm onwards.

We look forward to seeing many of you there.



BIKE WEEK

17TH -25TH 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 25th 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 25th 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.



Hawkesbury Canoe Classic preparation – Grafton Training Paddle 2016

Anna Caldwell,
Hawkesbury Canoe Classic Coordinator

Two weekends ago, a large contingent of paddlers from PLC, TAS and NEGS headed over to Grafton for a 30km practice paddle, starting late afternoon at Copmanhurst and paddling through sun set until they arrived at the Big River Holiday Park and Ski Lodge, Seelands, well after dark.

This was an excellent opportunity to fine tune equipment and technique and experience paddling on a tidal river, not just a dam. Paddling in the dark also let them get used to night vision and know what it is going to be like paddling through the night at the Hawkesbury Classic.

Well done to all crews and thank you to all the parents who helped out as landcrew. What a team! Looking forward to lots of fun with you all in October.

"I found the Grafton paddle challenging but definitely worth it! It builds bonds that you may not necessarily form otherwise, within PLC and also NEGS and TAS. Being able to form great friendships between the schools is awesome. It's been great to do something outdoors with friends." *Sophie Hansen*



Armidale District Netball Association Presentation & Awards

WHEN: Sunday 18th 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**



IGSSA Athletics

*Anna Caldwell,
Duke of Edinburgh Co-ordinator*

A team of dedicated Athletes travelled to Sydney to compete in the 93rd IGSSA Annual Athletics Championships at Sydney Olympic Park Athletics Centre, Homebush.

The conditions were perfect, the sun was shining, it was a glorious 24 degrees and the track was new, springy and bright blue.

Congratulations to Emma Barnier who made it through to the final for Long Jump and Shot Put, where she obliterated her previous best throw by 50cm, achieving a new Personal Best of 9.56m.

Congratulations to Charlotte Caldwell who ran a great 100m in a new Personal Best time of 13.95 seconds and to Imogen Dellow who jumped 4.05m in Long Jump, also a new Personal Best.

The PLC team spirit was as strong as ever and all our athletes performed to the best of their ability and should be very proud of their achievements.





IGSSA Netball Trip 2

Shona Eichorn, Co-coach, PLC Armidale Junior IGSSA Netball

Returning to Sydney last weekend, the two PLC Armidale representative Netball teams acquitted themselves admirably both on and off the court in the tough IGSSA competition. In an effort to avenge their previous experiences, the Senior team, led by inspirational Captain, Genevieve Walsh, played with great spirit and tenacity despite losing their first match, against a very physical Pymble Ladies' College. Whomever termed Netball a non-contact sport wasn't watching this game!

Despite being battered and bruised from their first defeat, the PLC Seniors fought back courageously in the first game on the Saturday morning at the Five Dock Leisure Centre to a well earned win against SCEGGS Darlinghurst. This outcome gave the girls the confidence boost they all needed but unfortunately it wasn't enough to win their next game against Ravenswood. The weekend's results mean that they will not make the final series this year despite all their teamwork and outstanding individual efforts. With their collective determination, drive, talent and spirit, I am confident that 2017 will be a much improved year for the team.



The PLC Armidale Junior IGSSA Netballers gained much from the first weekend's experience in July where they won four from four games. This time around a combination of nerves and negative chat about playing a strong and undefeated Roseville College team, "got the better of them", eventually losing 39-25. The girls did take heart from the game however, when they learned they had actually won both the second and fourth quarters of that match. Watch out Roseville in the final series! Both Saturday's games were a display of intensity, focus and commitment

to the game plan, with outstanding wins over SCEGGS Darlinghurst 37-26, followed by a 25-19 win over ASCHAM. The self-belief and growth as both a team and as individuals, they have gained from each game has been encouraging to witness. The girls were gracious in victory and now await news of who they will face in the Final IGSSA series on September 16/17.

All girls should be exceptionally proud of the way they approached and prepared for each game. Life experiences such as participation in the IGSSA competition should not be under-estimated. Win or

lose, the challenge participation in the tougher competition presents, (along with the bus trip and hotel accommodation) is part of the overall educational journey and one always remembered, just ask any Old Girl!

Congratulations girls. You are all winners and I have been very proud to have been involved in a very small way with PLC Armidale Netball this year!





IGSSA Hockey Trip

Emma Ellis

The junior hockey team has been putting a lot of extra yards in since the last trip, training two days a week and it showed last weekend.

We came up against an unbeaten 2nd place Pymble in the first game and the passing and field play that the girls showed was great. We scored an early goal in the first half which seemed to awaken our opposition, but our defence shut them down limiting their chances in the circle. After half time the girls again stepped up their game and were rewarded with another 2 great goals bringing the final score to 3 nil our way and starting our weekend off on the best note.

Saturday morning we played Ravenswood first and the team took a while to get going. We had pressure on our circle for the first quarter of the game but brilliant defense from the team again kept the opposition out. The team managed to push forward and gain a short corner which we scored off. In the 2nd half the girls found their groove again which resulted in 4 great goals being scored. Any opportunities the Ravenswood team had were quickly diffused and we walked away 5 nil winners.

The last game on a trip is always the hardest. The team came out against SCEGS and while we were up their end of the field most of the half we just couldn't quite find the back of the net. A quick talk at half time and the girls came back out firing, hitting the back of the box four times. The only chance SCEGS had came right before fulltime when they got a short corner but that was taken care of quickly by the defence resulting in a 4 nil victory.

Overall an excellent trip and a big well done to the team. Every player stepped up over the weekend individually and team play was the best I've seen all year! As a coach there is nothing more satisfying than seeing things you've worked on in training coming to fruition on the field!

We will now travel back down mid September to play finals. Before that, we have our semi final this Saturday for the local comp where we finished in 3rd place. We will come up against NEGS at the hockey centre at 8.00am. Any support would be appreciated!



Kim Taylor

PLC 1 Open Hockey Team – The girls continue to impress on the hockey field and have ended our IGSSA weekends undefeated and at the top of Division 1. The girls played two very competitive teams on Friday afternoon, PLC Pymble - PLC winning 2-1, and Abbotsleigh, with PLC winning this game 3-1. Early Saturday morning saw the girls up against Ravenswood and PLC won this game 2-0 and in our final game against SCEGS managed a 2-0 win. It is testament to the girls courage and fitness that they can play and win four games of hockey in less than 24 hours.

These amazing young women have now finished undefeated in the local HHE competition winning 16 games and conceding only 5 goals. In the IGSSA competition the girls have won 7 games and conceded only 2 goals. This is an amazing effort.

The girls will play their major semi-final on Saturday 3 September at 2.30pm on T1 against Breakaways here in Armidale. We will then travel to Sydney for our semi-final in the IGSSA competition to play on Friday 16 September.

The girls are to be congratulated for their sportsmanship and commitment shown this year. We thank all our supporters and look forward to your further support in our semi-finals.





**Congratulations to all who participated in the
ADNA 2016 season.**

Best wishes to all girls and teams participating in finals games.

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 or phone 67 66 25 26.**



Development and Enrolments

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



Grandparents' Day 2016

Today we extend a very warm welcome to the hundreds of grandparents and grandfriends who have joined their granddaughters here at PLC Armidale for our annual Grandparents' Day.

We hope you enjoy a wonderful day sharing the moments and experiences with your granddaughters.

Starry Night of Music – tonight September 2

If you haven't already purchased your ticket/s for our annual Starry Night of Music then it's OK, as we will be selling tickets at the door. Please try and have the correct money with you. Tonight will be our new Director of Music, Mr Matthew Minter's first Starry Night and he has prepared a fabulous program for your entertainment and enjoyment.

"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 is 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!! Please see the flyer on page 14.

Year 7 (2017) Experience Day

"Blossom for a Day, Flourish for a Season of Schooling" On **Friday September 16**, PLC Armidale will host our many current and prospective girls taking the next step in their educational journey as they progress into Senior School as Year 7 students from 2017. The girls will experience a taste of what to expect as they enter their senior years at PLC Armidale. You may know other girls who may be interested, so please let them know and invite them to attend. Prospective Year 7 boarders for 2017 are also invited to join in the fun overnight the night before, or at a time that suits you.



Armidale Little Athletics

All registrations online at:

www.lansw.com.au

Come and try Days

Thursdays

8th October

and

15th 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

Website: www.armidalelac.org.au

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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 sits outside in 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).



PCYC ARMIDALE High Country Productions

Friday 16th September

Armidale Youth Council & PCYC Presents

Time For Kids

BATTLE of the BANDS

Festival Fundraiser

Live bands
Live demonstrations
Live atmosphere
Free BBQ
\$5 entry at door

5:00 – 9:00pm
176 Rusden St, Armidale NSW



Pastoral Care Conversation

Anna Caldwell, Head of Senior School

Love. Serve. Lead.

Leadership has been a topic of hot discussion throughout history and is something that can be hard to define as it means different things to different people. However, one thing that everyone agrees on is that authentic leadership is really important in all aspects of life.

Authentic leadership starts with small steps, and takes years to develop. Developing good leadership is not just about having the right skill sets, but the right attitudes, values and behaviours and the realisation that leadership is an act of service. Leaders need to lead from the heart.

At PLC Armidale we have a strong tradition of student leadership and start the girls' leadership training in the Junior school. Our girls love to take on responsibility, be a part of decision-making processes and have numerous opportunities to experience authentic leadership in all its many styles and forms throughout their years at school.

Over the last few weeks our Year 11's have gone through the Student Leadership nomination and election process and by the time you are reading this, our new student leadership team for 2017 will have been announced.

This is an important process for all those who nominated as it gives them a set of life skills and experiences for future endeavours. Not everyone will be elected into a position and for those girls, they will have to deal with their disappointment, find their inner strength to move on and support those who are elected. They must also understand that they do not need to have a title or a badge to be a leader. They all need to work together as one united team.

The girls who are elected will take on a role of leadership in the form of service to the school and our wider community. These positions are not just a badge of honour, they come with responsibility and require a lot of effort and hard work. To lead is to work as a team. Good leaders don't just give orders, they get involved and do the hard work too.

This is an exciting time of year, a time of change and fresh new ideas. It is also a time to appreciate the hard work and commitment of all our Year 12's as they prepare to hand over the baton at the end of the term.

We are all leaders in our own ways and it is important to remember to be true to ourselves, our values and our beliefs. We need to have

the courage to stand up and make a difference and to improve the lives of all those around us. We need to be authentic, have integrity and grace.

I attended a Gold Duke of Edinburgh's Award Ceremony in Sydney earlier this year, and was privileged to hear a fellow Award Leader, James Edgerton, talk about his involvement with the International Award Program and Leadership. He talked about the need for challenge and risk taking and shared one of his favourite stories. James kindly sent me this story for me to share with you.

Leadership – I went on a search

Anonymous.

I went on a search to become a leader. I searched high and low. I spoke with authority; people listened. But alas, there was one who was wiser than I, and they followed him.

I sought to inspire confidence, but the crowd responded, "Why should I trust you?" I postured, and I assumed that look of leadership with a countenance that flowed with confidence and pride, but many passed me by and never noticed my air of elegance.

I ran ahead of the others, pointed the way to new heights. I demonstrated that I knew the route to greatness. And then I looked back, and I was alone.

"What shall I do?" I queried. "I've tried hard and used all that I know." And I sat down and pondered long. And then, I listened to the voices around me. And I heard what the group was trying to accomplish.

I rolled up my sleeves and joined in the work. As we worked, I asked, "Are we all together in what we want to do and how to get the job done?" And we thought together, and we fought together, and we struggled towards our goal.

I found myself encouraging the fainthearted. I sought ideas of those too shy to speak out. I taught those who had little skill. I praised

those who worked hard. When our task was completed, one of the group turned to me and said, "This would not have been done but for your leadership." At first, I said, "I didn't lead. I just worked like the rest." And then I understood, leadership isn't a goal.

I lead best when I forget about myself and focused on my group, their needs and their goals.

To lead is to serve...to give...to achieve together.



Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose



What kids learn from fathers

High work ethic, honesty, supportiveness and loyalty were all values that men directly attributed to their dads.

Kids learn important lessons from their dads

A Galaxy Research study found that three quarters of Australian dads nominated their father as the person from whom they learned their most important life skills.

Shaving, riding bikes, driving and changing tyres are the skills that men attributed to their dads.

At first glance these may not appear too startling but dig a little deeper and you find that they attribute vital lifelong success characteristics to their dads.

High work ethic, honesty, supportiveness and loyalty were all values that men directly attributed to their dads.

The results of the study show that dad is the 'doing' guy. Mothers tend to interact with their kids differently. They are more verbal, more astute at developing interpersonal skills and more likely to reveal what is on their mind.

The language of fatherhood is about activity – dads teach many of their important lessons through activity.

Learning to be a good sport, to share and to work toward a goal are lessons that dads teach their kids in very hands-on ways.

The study also showed that it was through activity that men formed their relationships with their dads.

Playing, tinkering, building and pulling things apart are the modus operandi of many dads.

What do dads teach girls?

Dads teach girls fundamental lessons about interacting with males. As my girls were growing up I wanted them to expect to be treated well and respectfully by males (both present and future) as well as having the confidence to be assertive.

That meant that I needed to **treat my daughters kindly**, while allowing them to **speak up to me (in the nicest possible way) when needed**.

Numerous studies have linked fathers with the healthy development of girls, including self-esteem and confidence.

Certainly dads should complement their daughters genuinely and persistently in adolescence when body image doubts are very common. But they also need to let their daughters grow away.

This is a challenge as dads tend to be protective of their daughters and hard on their sons.

It's lucky then that most mums are protective and super-supportive of their boys! The yin and yang that mothering and fathering provides is a fabulous balance for kids.

Boys grow into their dads

Little boys want to be like their dads. They attribute superman-like qualities to their fathers. Dads need to make the most of this while they can because their sons become teenagers and try hard to reveal their feet of clay.

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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Parenting *ideas* INSIGHTS 2

Building parent-school partnerships

... What kids learn from fathers ...

The GOOD NEWS is that the Galaxy Survey showed that most men still want to be 'like their dad.' That boyhood dream doesn't diminish in adulthood. That's lucky as most men become like their fathers, hopefully better versions!

- A better version of a father appears to be one who is involved with his kids but also one who can balance and **support the parenting style of his partner.**
- A better version is one who plays with his kids but also one who disciplines too. **He balances softness with firmness.**
- A better version is not being a quasi mother or a gender-neutral parent but confident enough to learn from his partner while **retaining the maleness of fathering.**
- A better version is one who talks openly to his partner and **engages in a dialogue about parenting.**
- A better version is one who **remembers what it was like being a kid** and bringing that into parenting as much as possible when you are with them.

And fathers need partners who support them in their parenting efforts, actively share the parenting enterprise, and recognise that **DADS DO IT DIFFERENTLY.**

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**. You'll be so glad you did.



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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.

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

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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)

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