

# lion's roar

TERM 2 • 20 MAY 2016 • VOLUME 261



## From The Principal

*Mrs Nicola Taylor*

The squeals of excitement in the Administration Building foyer last Friday were matched only by the size of the trophy a team of very proud Year 8 Mathematicians were bearing. A team of eight girls took part in the New England Mathematics Association Stage 4 Mathematics Challenge day held at the University of New England. What made the day even more memorable was that although the competition commenced in 1997, this was the first time the PLC Armidale team had won. Attracting participants from both the mid north coast as well as the New England it was a day of brain stretching mathematical challenges which our teams excelled at. Congratulations to the following winning team members: Lucy Ball, Alice Berry, Lily Coleman, Lucinda Fulloon, Thurkka Jeyakumar, Jessica Li, Lily Neilson and Chloe Vanderwolf. Thank you also to our Mathematics Department for organising this event.

As Eisteddfod season commences, the concerted efforts and hard work of our Choirs paid off as the various Choirs and vocal ensembles competed this week. Whilst most of our Choirs or vocal ensembles won or placed in their various sections, the quality of performance, standard of presentation and genuine delight in having a go and taking part shone through. Many of our girls both in the Junior School as well as the Senior School were also part of the

NECOM vocal ensembles which necessitated very quick costume changes, especially when performing twice in the same section but for different ensembles! Recently retired Mr Pavel gave the Senior Choir a standing ovation for their win of the highly contested Choral Championship (Open) section. Congratulations also to the Stage 4 (Years 7 and 8) choir for winning their section, returning the PLC Perpetual shield to the College.

Whilst success is sweet and provides an occasion to celebrate, what is evident in the College is an emphasis, not on being performance motivated focused only on outcomes, but on being mastery motivated. Educational researcher Rachael Sharman describes mastery motivated people as being those who continue to work hard towards their goals, never giving up because they believe that 'failure' is an important part of the learning process. Mastery motivated, people develop persistence, creative problem-solving and emotional-coping strategies which combine to create resilience in the individual along the way.

Congratulations to Mia Emanuel and Sarah Askey who were members of the CIS Hockey team which was undefeated in the recent All Schools Hockey Carnival in Sydney.

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# calendar OF events

**20 MAY to  
8 JUNE  
2016**

Years 3 to 6 PSSA Cross Country Championships	20/5/2016
Eisteddfod Strings & Chamber Music	22/5/2016
Year 7 Immunisation	26/5/2016
Jnr School 'Biggest Morning (Afternoon) Tea'	26/5/2016
Salvation Army Doorknock	28/5/2016
Eisteddfod New England Championship	29/5/2016
Jnr School - IPSHA Travelling Art Show	30/5 - 3/6/2016
Speech and Drama Eisteddfod	30/5 - 3/6/2016
North West Equestrian Expo Coonabarabran	2-8/6/2016
St Andrews College NZ at PLCA	3/6/2016
UNESAP Let's Hang It 2016 entries due	3/6/2016



## Curriculum Matters

*Trent Donaldson, Curriculum Coordinator*

Congratulations to all students who completed their NAPLAN tests last week.

### Semester 1 Reports

Each student will receive a report at the end of this semester. The aim of the report is provide a picture of the student's ability, achievement and attitude in each of their subjects.

The report also acknowledges each student's contribution to the schools extra-curricular program.

At PLC Armidale each subject in the secondary school is required to provide a grade A – E for four outcomes that have been assessed throughout the semester. The A – E grade scale is outlined below, these statements are used by the teacher to judge each student's ability in the outcome being reported on.

ACHIEVEMENT LEVEL	DESCRIPTION
<b>A</b> Excellent Achievement	<ul style="list-style-type: none"> <li>• extensive knowledge and understanding</li> <li>• application of knowledge</li> <li>• high level of competence</li> <li>• skills and knowledge applied in new situations</li> </ul>
<b>B</b> High Level Achievement	<ul style="list-style-type: none"> <li>• thorough knowledge and understanding</li> <li>• competence in processes and skills</li> <li>• skills and knowledge applied in most new situations</li> </ul>
<b>C</b> Substantial Achievement	<ul style="list-style-type: none"> <li>• attainment of main knowledge and skills</li> <li>• sound level of competence in processes and skills</li> </ul>
<b>D</b> Satisfactory Achievement	<ul style="list-style-type: none"> <li>• acceptable level of knowledge and understanding</li> <li>• basic level of competence in processes and skills</li> </ul>
<b>E</b> Elementary Achievement	<ul style="list-style-type: none"> <li>• elementary knowledge and understanding</li> <li>• limited competence in processes and skills</li> </ul>
<b>N</b>	<ul style="list-style-type: none"> <li>• could not be assessed</li> </ul>

This year PLC Armidale is also including an overall grade A – E for the subject. This grade is being used to provide additional information regarding your daughter's achievement across the subject.

### ICAS

The ICAS Science Examination will take place on Tuesday 31 May 2016.

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## Senior School Notes

*Anna Caldwell, Head of Senior School*

### Water bottles

All girls are to have a water bottle with them at school. They are allowed to take them to most classes and are able to refill them at the water station in the dining room during recess and lunch.

### Socials

Girls in Years 9 and 10 attended the Senior School Social held at TAS last Friday night. It was lovely to see all girls so beautifully dressed and having fun. PLC will be hosting the next two socials. Years 6, 7 & 8 in Term 3 on Friday 19 August and Yrs 9 & 10 in Term 4 on 11 November. Thank you to everyone for adhering to our Social Protocols and Procedures.

### Working Bee Sunday 22 May

The Junior School has organised a Working Bee from 10.30am on Sunday 22 May. There are plans to mulch, paint, sand and have a general tidy up around the school. If you are able and willing to assist, can you please contact Anna Caldwell on [acaldwell@plcarmidale.nsw.edu.au](mailto:acaldwell@plcarmidale.nsw.edu.au) or Ainslie Breckenridge on [abreckenridge@plcarmidale.nsw.edu.au](mailto:abreckenridge@plcarmidale.nsw.edu.au)

It would be great to have volunteers from the whole school helping maintain our beautiful grounds.

### Eisteddfod

By the time you are reading this, the Eisteddfod will be well under way with our girls performing in numerous music events held at Necom and Lazenby Hall. With both the Music and Speech and Drama Eisteddfods, please remember to contact the school in writing (email) to notify of any /all absences from school due to performances.

### Uniform

A reminder about the winter uniform. Blazers are required to be worn to and from school at all times. If the weather is warm, the girls are to remove their jumper and still wear their blazer. If at school, they may take both their jumper and blazer off, but must have the sleeves of their white shirt rolled down. Please ensure that your daughters wear an appropriate coloured bra that cannot be seen through the white shirt.

Scarves may be worn to and from school, but are not to be worn during class.

The Green Tracksuit Jacket may be worn as an extra layer on particularly cold days but must be worn over the blazer. It may not be worn instead of the Blazer.

### Sport Uniform

The school sport uniform is to be worn for all PE lessons and sport training before, during and after school. Long black skirts/ sports leggings are permitted to be worn under their shorts during winter as an extra layer.

White socks for sport. Girls are to wear white sport socks for all PE lessons. It is not hygienic or appropriate to wear the long winter green socks or stockings.





## Junior School News

Ainslie Breckenridge, Head of Junior School

### Working Bee – Sunday 22 May 2016

I would like to invite any families to come on Sunday for an hour, a few hours or even the whole day to the Junior School to participate in our working bee. Our goals are to work on Buchan Cottage maintenance, gardening, painting and contacting!! Our Junior School grounds are beautiful and everyone who comes to our environment comments on the open space and how welcoming it is.

A working bee is an opportunity for families to come together and work towards a common goal for PLC and for their daughters. As Head of the Junior School, I appreciate the parents who really want to come and help us maintain our wonderful surroundings. A beautiful environment creates happy and focused students and staff. Please come and join us on Sunday to help maintain this type of environment. Lunch will be provided and all we ask is that you bring gloves and a rake, shovel or a sander. See you there!

### THRASS

A lot of our parents have been encouraged with our increased focus on THRASS from PreK- 6 this Term. You would have found slight changes in homework and in how girls decode unknown words and how to attack their spelling words of the week. Spelling lists need to be relevant vocabulary and need to be words that the girls would use in their writing. It is one thing for girls to be able to spell long and complicated words, but we need to ask ourselves, do the girls understand these words, would they use them in an everyday context and would they use them in their own writing.

If you have any questions regarding THRASS and it's implementation in the classroom, please contact your classroom teacher or myself for an appointment.



## Year 2 join the 'Scientists in Schools' Program

Last week, the Year 2 class welcomed Mr Greg Mills - father of Annabelle (Yr2) and Destiny (Yr6) into their classroom as part of the Scientists in Schools, CSIRO, initiative.



*Scientists and Mathematicians in Schools (SMiS) is a national program managed by CSIRO on behalf of the nation. It provides skilled volunteers the opportunity to have a positive impact and make a difference to science, technology, engineering and maths (STEM) education in primary and secondary Australian schools.*

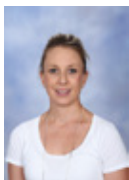
*Creating and supporting flexible partnerships between STEM professionals and teachers, provides access to real-world, contemporary experiences that promote understanding of the importance of STEM and inspiring students.*

The girls and Mrs Hardin were absolutely riveted by the hands on and exciting activities that Mr Mills brought to the classroom. All activities supported the Stage 1 Chemical Science unit, "All Mixed Up" and the homemade WIZZ FIZZ tasted pretty good too! We can't wait until our next Science lesson with Mr Mills, which promises to be just as exciting and perhaps just a little bit GOOEY!



## Cancer Council's Biggest Morning Tea

From 2:30pm on Thursday 26 May (Week 5) the Junior School will be filled with delicious, tasty treats as we once again participate in the Cancer Council's Biggest Morning Tea. 1 in 2 Australians will be diagnosed with cancer by the age of 85 and the vital funds raised from this event will be used for research, support programs and funding the Cancer Council Hotline. Last year PLC raised an incredible \$427 to donate to The Cancer Council - let's go for \$500 in 2016!



## Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

### Rep Netball

Congratulations to Nina Breckenridge and Lucinda Caldwell who played for the U12's Armidale Rep side on the weekend at the Armidale District Netball Association Carnival and were the runner up team! Well done girls on a tremendous effort.



### Athletics

Jay Stone has begun lunch time athletics sessions at the PLC Junior School and they certainly have been a hit! The girls have showed great enthusiasm and are really benefiting from the expertise training that Jay has been providing. A great initiative that we are so lucky to offer our girls in preparation for the upcoming carnivals.



### Cross Country

Congratulations to each and everyone of the Junior School girls who competed at the School Cross Country Carnival. It was wonderful to see the high level of participation and everyone having fun. Thank you to all parents and families who came on the day. We wish the girls participating in the PSSA Cross Country Carnival on Friday 20 May, all the very best.

### Cross Country Results:

#### 6 Years:

1<sup>st</sup> Sarah Loxley, 2<sup>nd</sup> Lily Donaldson, 3<sup>rd</sup> Sophia Marchant

#### 7 Years:

1<sup>st</sup> Anais Dettwiller, 2<sup>nd</sup> Georgia Smitham, 3<sup>rd</sup> Maitha Alshammari

#### 8 Years:

Equal 1<sup>st</sup> Macey Wake & Elsie Wake, 2<sup>nd</sup> Sophia Smart

#### 9 Years:

1<sup>st</sup> Scarlett Loxley, 2<sup>nd</sup> Charlotte Portell, 3<sup>rd</sup> Abi Thompson

#### 10 Years:

1<sup>st</sup> Sienna Dellow, 2<sup>nd</sup> Keira Peet, Equal 3<sup>rd</sup> Neve Daugherty & Maggie Ryan

#### 11 Years:

1<sup>st</sup> Maddi McCook, 2<sup>nd</sup> Pip Constable, 3<sup>rd</sup> Emily Thompson

#### 12 Years:

1<sup>st</sup> Mary Flannery, 2<sup>nd</sup> Amelia Wake, 3<sup>rd</sup> Naomi Martin

## Kids Who Hear Well, Learn Well

Hearing loss is not always easily detected and in a classroom setting can affect how much your daughter enjoys school. Hearing loss may result in delayed speech and language development, increased listening effort causing tiredness, education issues from difficulty hearing and being more easily distracted.

One cause of hearing loss are middle ear infections (Otitis media). This is an infection behind the ear drum. It can be caused by virus or bacteria. See your doctor if your daughter:

- Is six months of age or younger
- Has a high fever or bad earache
- Has an ear discharge that lasts more than 24 hours
- Continues to have fever or bad earache two days (48 hours) after they start treatment
- Still seems to have trouble hearing after six to eight weeks
- Seems to be getting worse or you are worried at any time.

The risk of middle ear infections can be decreased by teaching children to blowing their nose.

If you know that your child has hearing loss there a number of supportive strategies the school can adopt. Please let your teacher/s know.

Most children will have their hearing screened in preschool and we encourage all parents to see their GP if concerned about their hearing ability.





## JUNIOR CHORAL EISTEDDFOD

Congratulations to the PLC Junior School choirs on their outstanding performances in the Eisteddfod. At the final adjudication of all the Junior School Events the adjudicator made a special mention of the consistent quality of all the PLC Choirs and vocal ensembles. Although NECOM Cantilena beat us to the trophy of most outstanding Junior School Choir, our PLC 3-6 choir placed second in all their divisions, ahead of all other school choirs in the competition.

Well done also to the K-2 Choir. The younger choirs are non-competitive, however the adjudicator still gave the girls many excellent comments and some good feedback. The Treble Makers also did extremely well on Tuesday with a Highly Commended in a field of six very competitive small vocal ensembles.



## Music Notes

*Matthew Minter, Director of Music*

### PLC PERFORMS

PLC Performs for Anya was held on Wednesday 11 May. It was a very special evening where the school ensembles for the Eisteddfod were presented in a concert that was also a fund raising event for Anya. The concert opened with the Junior and Senior string ensembles and the program then continued with the Junior School Choirs, the smaller specialist ensembles and finally the Senior choirs.

Thank you to Mrs Goode for her amazing catering that helped add a special atmosphere to the evening. Well done also to Mrs Templeton and her Year Eleven students for an impressive art display in the foyer of portraits using charcoal.

Congratulations to all the girls for their excellent performances and best of luck for the upcoming Eisteddfod. We raised \$1458.00 in donations for Anya.

### EISTEDDFOD CHORAL NIGHT

Congratulations to the PLC Senior Choir on winning the Grand Choral Championship! Against tough competition it was very pleasing to see the girls give an outstanding performance. The adjudicator commented on the detail of the preparation, consistent quality and accuracy of pitch and tone and the overall musicality of the performance.

Congratulations also to the Year 7 and 8 choir for winning the Year 10 and Under choir section.

PLC also did really well in the highly competitive small vocal ensemble section with the Bel Canto Vocal Ensemble achieving a very impressive second place out of a field of six competitors.

In addition to the tremendous excitement for PLC winning the championship, it was also very pleasing to see PLC girls performing really well in other ensembles in the community including the NECOM New England Singers Choir and the TAS Chapel Choir. Dakota Love is to be particularly congratulated on her outstanding solos both with the PLC Bel Canto Ensemble and the NECOM New England Singers performance in the championship.

Congratulations also to Jessica Tan on her excellent leadership of the NECOM New England Singers Chamber Choir. Jessica has rehearsed the twenty strong vocal ensemble and prepared them for the Eisteddfod performance that she conducted very competently. It is a difficult challenge to lead an ensemble and the NECOM student conductors program is an excellent initiative. It was great to see Jess conducting alongside the Music teachers in the competition and she did a superb job.



## COMPOSITION

A feature of the Armidale Eisteddfod is the composition competition with divisions for all Junior School students and all year levels in the Senior School. Last term all the elective students submitted compositions to the adjudicator, renowned composer Matthew Hindson. The prize winners were then invited to perform at the concert, that was held on Wednesday evening 18 May, where the awards are presented.

The PLC Results were as follows:

- K-6: Holly Dauparas Yr 4 - Highly Commended
- Year 9: Isla Biffin - First Place  
Elinor Warwick - Second Place  
Mackenzie Constable - Third Place  
Sarah Miron - Highly Commended
- Year 10: Lucy Quast - First Place
- Year 11: Agnes Thwaites - Third Place (out of 11 contestants)
- Year 12: Syrana Glenn - Third Place (out of 12 contestants)  
Isabella Post - Highly Commended
- Open Age: Mr Minter - First Place

## IN HOUSE CONCERT

The PLC Term Two In House Concerts were held on Wednesday and Thursday 4 and 5 May. Two very full programs were presented with a great range of repertoire presented. Congratulations to all the girls involved.

## ISLA BIFFIN RECITAL

Congratulations to Isla Biffin on her excellent recital on Sunday 15 May in the Music Room. It was an outstanding program with two full three movement sonatas presented as well as a tango by Piazzolla. We wish Isla all the best for her audition for the World Harp Congress to be held in Hong Kong later this year.



## Opera Australia Regional Tour

Opera Australia are doing a regional tour this year and are coming to Armidale to put on a production of The Marriage of Figaro (Mozart) in August. They were in

need of a children's chorus for the Armidale production and have auditioned children enrolled in Cantilena and New England Singers (choirs from NECOM). Amongst them were 9 girls from PLC.

These girls were all successful in their audition and PLC students make up more than 40% of the entire children's chorus. This is a wonderful achievement for the girls who have already started preparing and rehearsing for the opera. It's not everyday students from a regional centre get to be a part of an opera.

The successful students are:

Lily Graham (Year 8)	Nina Breckenridge (Year 6)
Pip Constable (Year 6)	Naomi Martin (Year 6)
Heidi Martin (Year 6)	Gabby Cotterell (Year 5)
Chloe Davison (Year 5)	Sophia Smart (Year 3)
India Smith (Year 3)	

*\*Absent from the photo: Lily Graham, Chloe Davison and Sophia Smart*

## New England Bach Festival



On Saturday 7 May, 4 talented String Players, Georgina Cornall (Cello), Jessica Hughes (Violin), Dakotah Love (Cello) and Lucy Quast (Viola), played as part of the Bach Festival Ensemble. The concert which opened at 7:30pm on Saturday 7 May, included the Organ Concerto by Poulenc, featuring gifted organist and Musical Director, Warwick Dunham. The piece is difficult at the best of times, so it was wonderful that Warwick asked these girls to play and they rose to the challenge brilliantly. Warwick said, "I was truly lucky to have students of that calibre assist in the performance. It was a difficult work and the girls played very well. They helped to make the performance a success."

Congratulations girls.

## Armidale Eisteddfod 2016

Date	Arrival Time	Event	Ensemble	Venue	Est. Perform. Time	Transport
<b>Sunday 22 May</b>	1:00pm	EN15	String Quartet	OTC	2:00pm	Own
	1:00pm	ST73	Junior String Orchestra	OTC	2:30pm	Own
<b>Thursday 26 May</b>	12:00pm	ST71	Senior Strings Chamber Ensemble	OTC	12:30pm	Bus Both Ways
	12:00pm	ST72	Senior Cello Ensemble	OTC	1:00pm	Bus Both Ways
	12:00pm	ST72	Chamber Ensemble	OTC	1:00pm	Bus Both Ways
	12:00pm	ST70	PLC Middle School Orchestra	OTC	1:15pm	Bus Both Ways
	12:00pm	ST75	Senior String Orchestra	OTC	1:30pm	Bus Both Ways
<b>Tuesday 7 June</b>	8:30am	EN06	PLC Year Eight 1 Ensemble	OTC	9:00am	Bus both ways
	8:30am	EN06	PLC Year Eight 2 Ensemble	OTC	9:00am	Bus both ways
	8:30am	EN07	PLC Stage 5 Class	OTC	9:45am	Bus both ways
	5:30pm	EN19	PLC Wind Ensemble	OTC	6:45pm	Own
<b>Wednesday 8 June</b>	9:00am	EN05	PLC Year 6 Ensemble	OTC	9:45am	Bus both ways



## Cattle Team Report - Warialda Show

*Judy Miller, Cattle Team Coordinator*

Four of the girls travelled up to Warialda with (and almost recovered) Tim Light and Briony Looker to compete at the show last Saturday, camping at the showground overnight.

The girls as always, competed in all the events. Paris Whibley came 3<sup>rd</sup> in the under 13's junior judging and Briony came 1<sup>st</sup> in the over 21 paraders' competition. There were a large number of schools competing so the results we received were pleasing.

While at the show, the team assisted other studs by parading and preparing their animals on the day. The stud owners appreciated the girls' efforts and it was a bonus that each girl – Molly Trindall, Amber Whibley, Paris Whibley and Briana Merritt – was able to lead a prize-winner.

It was also great to see all the girls had a parent there for support. A good opportunity not only to meet the other families but also to see the great work the team does as well.

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## Early Literacy Information Night

[Early Stage One Pre-K to Kindergarten]

Presentation by experienced THRASS qualified educator Mrs Fiona Wake and Principal, Mrs Nicola Taylor.

**Thursday 9 June 2016**

**5-6pm** Hospitality Centre, PLC Armidale

then join us  
for the



## 2016 Travelling Art Show

[and Auction of Class Artworks]

**from 6pm** in the Astra Arts Centre  
**Light refreshments**

**RSVP for catering purposes to:**

Mrs Emma Young

[primaryassist@plcarmidale.nsw.edu.au](mailto:primaryassist@plcarmidale.nsw.edu.au)

7 June 2016

[babysitting available - bookings essential]

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

Join us on facebook

02 6770 1700 [www.plcarmidale.nsw.edu.au](http://www.plcarmidale.nsw.edu.au)

Educating successful women of tomorrow in a Christian environment

In alliance with PLC SYDNEY



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## Website Enhancement – Forms for Notification of Absences and Requests for Leave

To assist you in easily notifying the School of your daughter's absence, a form is now available for completion on the website under the **Current Families** tab.

Please visit the website at <http://www.plcarmidale.nsw.edu.au/current-families> to see two forms/pages available:

- one for notifying of absences due to illness, late arrival to school, the need to collect a student for medical appointments etc.
- the other for seeking leave from the Principal when an absence is planned and known about in advance, including a form for downloading for request for leave for extended periods (greater than 14 school days).

Please ensure you avail yourself of this option on our website.







## Boarding House News

By Jamika Kelly-Wirth and Larris Cleal



The Year 11 and 12 Father Daughter Dinner Dance was a fun night for both Daughters and Fathers. All who attended had a wonderful night of dancing, laughing, and delicious food. The photo booth was a big hit and some of our younger boarding girls had fun being waitresses for the night.



On 6 and 7 of May, members of the cattle team travelled down to Warialda to compete in the Warialda Show. The girls went exceptionally well leading cattle and also had fun junior judging and meeting other cattle enthusiasts. Saskia Kennett (Year 10) participated in a Sam Lyle one day eventing clinic at NEGS in the 80cm-1m classes where she trained show jumping and cross country. Saskia achieved clear rounds of 95cm in show jumping and clearing jumps of 1m in cross country.

Friday the 13th was a busy night for the Years 7-10 girls. Some of our Year 9 and 10 girls attended the NEGS, PLC and TAS Social where there was plenty of music and dancing. Everyone had a blast. The Year 7 and 8's went to the Sport and Recreation Centre for a night of bowling and skating. While skating, they played limbo and other exciting games. They had a great night of fun and games. We have been making good use of the trampoline in our spare time. Over the past few weekends we've been working on making an igloo from empty milk cartons as well as making lovely lavender bags.

## Bus Passes, Subsidised Travel and Update of Details

Students wishing to apply for a bus pass for travel to and from school are now able to do this via an online form. This replaces the previous system of completing a 'blue' form to obtain a bus pass.

The form can be used by parents, guardians and students applying for free school student travel under the School Student Transport Scheme (SSTS) and provides a single application process for free school travel across NSW.

Forms are completed by parents or guardians. Students 16 years of age and over must complete and sign the application form themselves.

The form can be used for students applying for a bus pass for the first time, for those moving from Year 2 to Year 3, Year 6 to Year 7 or for any change of address details.

The online form provides:

- Online SSTS eligibility assessment - the new online application system will automatically assess SSTS eligibility based on distance rules.
- Online application for review - parents, guardians and students can apply online for a review on medical or safety grounds.
- Simplified replacement - to arrange a replacement of a rural and regional travel pass, contact the operator directly.
- Automated notifications - parents, guardians and students who have applied using the online application form will automatically receive notifications when a new application is required eg, they are moving from Year 2 to 3 or 6 to 7.

To apply for a bus pass online, please visit: <http://www.transport.nsw.gov.au/customers/ssts/schools> or visit PLC Armidale's website at <http://www.plcarmidale.nsw.edu.au/current-families/bus-passes-subsidised-travel/bus-passes-and-subsidised-travel>.

Those who have already completed 'blue' forms this year will not need to reapply for a bus pass.





## Development and Enrolments

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



### Boarding Expo - Dubbo

It was encouraging to see the genuine interest from prospective families at last week's annual Boarding Expo in Dubbo. Sally and I also enjoyed catching up with a few Old Girls as well as current families, especially Scott and Robyn Finemore

from Narromine. The next Expo will be held on July 29 & 30 in Narrabri. Please encourage any family, friends or colleagues to call in to the Crossing Theatre and have a chat.

### Annual Giving – PLC Armidale Foundation, End of Financial Year opportunity

At the end of each financial year, like many Foundations and Charitable organisations, the PLC Armidale Foundation asks for the support of the PLC Armidale community, past and present. The focus for 2016 is to increase opportunities for girls to attend PLC Armidale, by way of a Scholarship. Early next month, you will receive an invitation to contribute to this worthy cause close to all our hearts. Every donation makes a genuine difference to these girls and their families and is very much appreciated. Please remember that every donation over \$2 is tax deductible.

### 2017 All Rounder & Boarding Scholarships – Round Two LAST CHANCE

Our PLC Armidale Foundation offers a range of Scholarships for worthy recipients as well as financial assistance by way of various bursaries annually. This is only possible due to the generosity of the numerous donors and benefactors who are passionate about providing opportunities for girls as well as improving the facilities at the College. So should you know of a girl (Year 7 to 11 in 2017) who fits the criteria outlined (check the website for more details) for the Boarder and All Rounder Scholarships, please encourage her to apply now.

### China Visit – Shanghai, Beijing, Hong Kong

As you read this edition, Mrs Taylor and I are preparing to depart Armidale on our two-week trip to China with representatives from PLC Sydney, where we will host a number of events and

meet with various families. As mentioned previously we have extended an invitation to contacts on our database in the Asian region to attend any of our events. The invitation is below, so that if you have any family, friends, contacts or colleagues in any of the areas, please let them know that they would be very welcome, and should make contact to RSVP. We look forward to sharing our experiences in the next Lion's Roar.

### Green Tartan Publication

Despite a short transport delay, our bi-annual magazine, the Green Tartan has arrived. It has already been distributed electronically, is on the website and has now been posted out to past, present and prospective families this week. Please let us know if you did not receive yours or if you would prefer to receive yours electronically. We hope you enjoy this Autumn edition.



### IGNITE . . . the final spark!

For those who were not here last year, PLC Armidale and its support groups (Foundation, P&F and Old Girls) teamed up to conduct a fundraiser for the re-furbishment of the four Science Labs in the Senior School, called IGNITE.

And whilst the Science Labs were completed and opened to classes in Term 1, our fundraising just has a little way to go! There are still PLC Periodic Table elements for sale, most of which are \$300 each. There is a list on our website of those elements still available as well as the benefits received for your kind contribution. All donations are tax deductible.

The Science Labs are due to be officially launched in August this year (date tbc), to coincide with National Science Week.

For more information about the IGNITE, please contact Director of Development, Shona Eichorn on [development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)



## PLC SYDNEY AND PLC ARMIDALE IN CHINA

DR DAVID LIM, Chairman of College Council  
DR PAUL BURGIS, Principal of Presbyterian Ladies' College, Sydney  
MRS NICOLA TAYLOR, Principal of Presbyterian Ladies' College, Armidale

### WARMLY INVITE YOU TO

A cocktail reception for current families, ex-students, prospective families and past parents in China.

### INTERNATIONAL COCKTAIL RECEPTIONS

<b>SHANGHAI</b>	Hilton Shanghai, 250 Hua Shan Road, Shanghai. Wednesday 25 May 2016
<b>HONG KONG</b>	New World Millennium Hotel, 72 Mody Road, Tsim Sha Tsui East, Kowloon, Hong Kong. Friday 27 May 2016
<b>BEIJING</b>	The Ritz-Carlton, 83A Jian Guo Road, China Central Place, Chaoyang District, Beijing. Tuesday 31 May 2016



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INFORMATION  
AND TO REGISTER

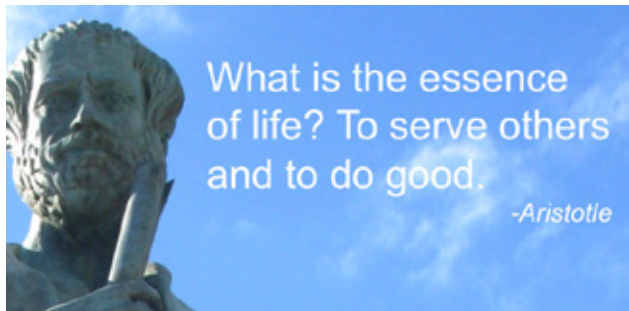




## Pastoral Care Conversation

Anna Caldwell, Head of Senior School

What is one of the strongest predictors we have of increasing our health and happiness? Although these definitely help, it is not joining the gym, or eating healthily. It is the act of serving and giving of your time to help others.



This week we are celebrating National Volunteers Week, recognising the millions of people who volunteer on a regular basis and saying thank you for all that they do, because volunteers are incredibly important members of our communities. They literally are the glue that holds everything together.

One of the components of the Duke of Edinburgh's Award is that of community service. Giving at least one hour a week to serve others and help the community.

It is considered an important part of the Award because it encourages the discipline and routine of voluntary service and community involvement in young people.

Why is volunteering so highly regarded? Volunteering builds character, develops team-working skills, improves communication skills, time management skills and it assists with prioritisation and problem solving. It develops confidence and leadership skills and gives you authentic leadership experiences.

Volunteering connects you to others and creates opportunities to make new friends. Through the act of giving you increase your social and relationship skills.

You gain knowledge and boost your own job and career prospects. Many companies now look for candidates and future employees who have served their community in some way.

By volunteering you enjoy a sense of achievement and fulfillment, develop personally and it boosts self-esteem and life satisfaction. Volunteering also provides a sense of purpose and is recognised as method to combat depression. Volunteering can be fun.

Many families choose to volunteer together. Children watch everything you do and by giving back to others in the community you are showing them firsthand how to make a big difference to the lives of others.

We are hosting a working bee on Sunday 22 May and it would be great to have lots of volunteers to help out around the school. We plan to mulch, sand, paint and fix. So if you would like to come and help and have some fun, we would love to see you.

I would like to take this opportunity to say THANK YOU to all of you who volunteer your time to help in and around the College and our local community. You are greatly appreciated.



# \*P&F Trivia Night

**Theme:**

**PLC Pursuit & the Olympic Games**

Come dressed up, best table wins a prize!

**Tables of 8** (maximum 10) - give your team a name!

**BYO** Food & Drinks, glassware, cutlery, crockery

**Silent Auction** on the Night

**Friday 17 June 2016**

6pm for a 6.30pm start

in the PLC Dining Room

**Ticket Price \$15 per head**

**book at [trybooking.com](http://trybooking.com) - using the code:**

<https://www.trybooking.com/LNEA>

**Babysitting available @\$5 per child**



# Parenting *ideas*

## INSIGHTS

### *Building parent-school partnerships*

WORDS Michael Grose



## 10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids.

**Here are ten ways to promote good mental health and wellbeing in kids:**

### 1 **Model good mental health habits**

If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

### 2 **Make sure they get enough sleep**

Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

### 3 **Encourage your kids to exercise**

When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

### 4 **Encourage creative outlets**

Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves.

**more on page 2** >>



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)



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## Parenting *ideas* INSIGHTS

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*Building parent-school partnerships*

... 10 ways to promote good mental health & wellbeing in kids ...

### 5 Provide a space of their own

Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

### 6 Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

### 7 Help them relax

Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real

difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

### 8 Have two routines – weekday and weekend

Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

### 9 Foster volunteering and helpfulness

Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

### 10 Bring fun and playfulness into their lives

Kids should be the kings and queens of play; however, some children live such full-on,

organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits aren't overlooked or neglected.

**First**, see these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

**Second**, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child's mental health.

*Michael Grose*



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