

lion's roar

TERM 3 • 22 JULY 2016 • VOLUME 264



From The Principal

Mrs Nicola Taylor

Welcome to Term 3. This edition of the Lion's Roar will be somewhat briefer than usual being the first week of term, however it provides an opportunity to introduce some new members of staff and highlight some of the activities and accomplishments of students at the College during the break. At the end of last term we farewelled Mrs Deb Curkpatrick after twelve years of committed and valued service to the College. The position of Learning Support teacher was strongly contested and we were encouraged by the quality of the applicants throughout. Ms Jacquelyn Whitland was appointed to this position and commenced with us next week. Jacquelyn is an experienced educator with a strong interest in student learning and quality teaching practice to cater for the needs of individual learners both for support and extension/enrichment. We look forward to the contributions that Ms Whitland will make to build on the valuable work Mrs Curkpatrick has established.

We also welcome Ms Jess Seaman to the position of PreKinder teacher each Friday. Ms Seaman is an early childhood trained educator with much experience in the sector. Ms Seaman is also completing a Bachelor of Primary Education at UNE which complements her role at PLC Armidale.

Thankyou to the many parents and friends who were able to attend our Inaugural Starry Night of Languages. Initiated by Herr O'Neill

and Madame Peters, the evening showcased the quality and proficiency of the girls as they not only spoke another language but also had to act in character whilst delivering lines many fully memorised in either French or German. Students from the compulsory language course in Year 8 also had the benefit of seeing the language skills and competency the elective students in Years 9 to 11 had acquired which we trust will provide a powerful motivation to persist with the demands and rigour of learning another language.

Encouraging the study of languages across the College also demonstrates the value educationally of preparing the girls to consider international and global perspectives. The language learning enhances the understanding of cultural contexts and influences developing empathy and perspective along the way. We look forward to the Starry Night of Languages featuring in the galaxy of our other starry events.

Congratulations to Jorja Power (Year 7), Sarah Askey (Year 9) and Clare Askey (Year 12) who represented the College at the NSW Equestrian Interschool Championships in Sydney at the end of last term. The girls performance in their range of events was outstanding placing PLC Armidale in the top 5 of the state for each event entered. Congratulations also to Dakota Love (Year 11) who was selected to perform in a season of the musical Hairspray staged in Newcastle during the holidays as part of a national tour of the Harvest Rain Theatre Company. This was a significant

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recognition of Dakotah's skills in musical theatre and a great opportunity for her to perform. It is wonderful to hear of the accomplishments of our students both at College events and in areas of endeavour outside of school, so please make sure we are aware of them!

STOP PRESS...

Congratulations to Mrs Kylie Alcorn who has been appointed as an Armidale Delegate and member of College Council. Kylie joins College Council as a past student and current parent of PLC Armidale which is an invaluable perspective to bring. Kylie's professional skills as an accountant will be an asset as well. We look forward to the contributions Kylie will make as a member of College Council and active participants in its relevant sub-committees.

calendar OF events

26 JULY TO
5 AUGUST
2016

Group Photographs	26/7/2016
Boarders' Christmas in July	27/7/2016
In-House Concert	27/7/2016
In-House Concert	28/7/2016
IGSSA Trip 1 - Netball and Hockey	28-30/7/2016
Boarding Schools Expo - Narrabri	29-30/7/2016
PLC Cattle Team to Brisbane EKKA	30/7 - 5/8/2016
Boarders' Church Service at St Paul's	31/7/2016
Year 10 Information Evening	5/8/2016
Years 2 to 6 PSSA Athletics Carnival	2/8/2016



Duke of Edinburgh's Award Expedition

Anna Caldwell, Head of Senior School

When the cold weather really hit Armidale at the beginning of the school holidays, a group of our Bronze Award participants headed to the coast, where the skies were blue, the sun was shining and we were treated to a fabulous weekend away, for their qualifying expedition.

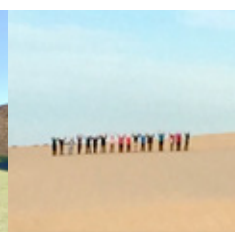
The groups toured Trial Bay Gaol and then with maps, compass and route plans in hand they set off on their hike to Smokey Cape Lighthouse. We camped at Hungry Gate Camping ground, south of Hat Head and enjoyed the incredible milky-way and the sound of the waves rolling into shore.

When the sun rose, the groups got up and packed up in record time and enjoyed exploring the sand dunes. Running, rolling and leaving their footprints everywhere, the girls warmed up for the days hike with lots of laughter.

The second day's walk is always the favourite, along the coastal track from Kemps Corner, past several beaches along to The Gap at Hat Head. I told the girls to look out for whales and dolphins and we were not disappointed! In fact I have never seen so many whales or dolphins before! Watching them play, dive and shoot water-spouts high up into the air was magical.

The girls' teamwork, group skills and positive attitude was incredible. The determination to make it up Little Smokey, to get into camp before dark, to finish each day as a group and with a smile, these girls demonstrated the qualities that will take them all the way through to Gold and through any challenge that comes their way in life.

#Dukeofed #holidayadventurousjourney #friendship #fun #camping #challenge #resilience #younggirlsareamazing!



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Senior School Notes

Anna Caldwell, Head of Senior School

Welcome back to school for Term 3, the start of Semester 2.

After our three-week holiday, filled with sport and Duke of Edinburgh's Award expeditions it is good to be back at school. I especially enjoy the first few days back and listening to the excited chatter and sharing of holiday stories and the girls greeting each other as though it has been years since they last saw each other! I would also like to welcome all our new students and families who are joining us this term.

Group photographs

Our School Group photographs day is on Tuesday 26th July.

Years 7 and 8 Designing Esteem In-school Camp.

In Week 3 of this term, Years 7 and 8 will participate in a Pastoral Care and PDHPE In-school camp for two days. The girls will learn self defense, take a class in social etiquette, will learn how to be cyber safe and along the way will also build positive self esteem.

Prefect Leadership

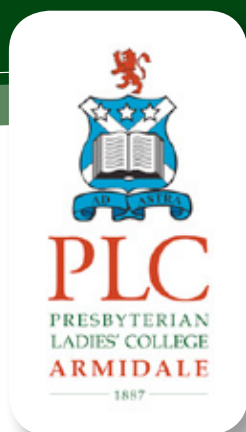
This term is officially the last term of school for our wonderful Year 12 students and we look forward to celebrating their time at school with them through their Final Assembly, Valedictory Assembly and Dinner. This term is also an important term for our Year 11 students, as they are handed the leadership baton and take on the role of being the most Senior Class of the College.

Year 11 students have the opportunity to nominate for all Prefect positions with nominations and manifestoes being due in to the office by 3.30pm, Friday 5 August, which is the end of week 3. Speeches will be given in week 4 and interviews will be held for the Head Prefect, Deputy Head Prefect and Spiritual Leaders in weeks 5 and 6. Voting will take place in week 7.

Hawkesbury Canoe Classic

This year is the 40th Hawkesbury Canoe Classic, on 29 and 30 October. If you are interested in participating in this event this year, you are to sign up on the Sports Notice Board and also complete an Expression of Interest form, which is also available on the Sports Notice Board. These need to be returned to me by Friday 29 July.





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

For the day's program, please see over
Bookings are essential for catering purposes
Please book your attendance by 31 August 2016 at:

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

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



Educating successful women of tomorrow in a Christian environment.



Junior School News

*Ainslie Breckenridge, Head
of Junior School*

Welcome to term 3!

I do hope that all students, staff and parents enjoyed a break in the school routine or enjoyed some time away together over the last three weeks. I know the teachers have been working hard to make term 3 learning experiences enriching and fulfilling for your daughters. It is hard to believe that we are half way through 2016.

During the school holiday break, some of our girls were involved in representative sport carnivals around the state for hockey and netball. Congratulations to those students who participated in those carnivals and represented Armidale. You can read more about who they were and what they did in the sports reports!

This term we have some exciting whole school events to save the date for. The PLC Grandparents' Day and Starry Night of Music will be held on Friday 2 September. Both events are always a success and showcase both our beautiful Junior School and what our PLC musicians have been working on this year.

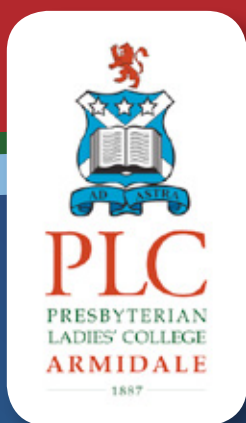
House keeping

Can I please ask that you check your daughter's name is on all pieces of clothing. At the end of last term we had a large amount of unnamed and unclaimed jumpers, blazers, hats and lunchboxes that we had to send to the clothing shop. It is a shame, as I know how much these things cost so please take a few minutes to do this.

The drop off zone in front of the school remains an issue in the mornings. Please **DO NOT** park your car in the drop off zone at anytime. If you need to come into the school to sign your daughter in or out, please park in the car park or on Crest Road and walk through. Last term we had quite a few parent complaints about this so please only use it as a drop off zone.

Term 3 the girls are to wear their full winter uniform again. Last term the girls did a great job of wearing their correct uniform and they looked smart as they left the school in the afternoons. It is always lovely to see our girls downtown wearing their correct uniform and it certainly demonstrates pride in their school and in themselves. Please ensure your daughter wears her blazer to and from school each day, even when being picked up from the gate.

I look forward to another exciting and busy term with all our families and please remember that my door is always open for any discussions, questions or concerns that you may have.



Annual Starry Night of MUSIC

To celebrate the music of PLC Armidale

Friday 28 August 2015

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



Educating successful women of tomorrow in a Christian environment.

Lunch Specials TERM 3

Monday - 25/07	Mac 'n' Cheese
Wednesday - 27/07	Roast Beef Roll with Gravy
Friday - 29/07	Irish Stew
Monday - 01/08	Thai Green Curry with Rice
Wednesday - 03/08	Beef Nachos with Guacamole and Sour Cream
Friday - 05/08	Cottage Pie
Monday - 08/08	Chicken Burger
Wednesday - 10/08	Beef Stir Fry with Noodles
Friday - 12/08	Butter Chicken with Rice
Monday - 15/08	Beef Burger
Wednesday - 17/08	Chicken Stir Fry with Rice
Friday - 19/08	Penne Carbonara
Monday - 22/08	Mac 'n' Cheese
Wednesday - 24/08	Roast Beef Roll with Gravy
Friday - 26/08	Irish Stew
Monday - 29/08	Thai Green Curry with Rice
Wednesday - 31/08	Beef Nachos with Guacamole and Sour Cream
Friday - 02/09	Cottage Pie
Monday - 05/09	Chicken Burger
Wednesday - 07/09	Beef Stir Fry with Noodles
Friday - 09/09	Butter Chicken with Rice
Monday - 12/09	Beef Burger
Wednesday - 14/09	Chicken Stir Fry with Rice
Friday - 16/09	Penne Carbonara
Monday 19/09	Mac 'n' Cheese
Wednesday - 21/09	Roast Beef Roll with Gravy
Friday - 23/09	Irish Stew



Gold Award Ceremony

*Anna Caldwell,
Duke of Edinburgh Co-ordinator*

The Duke of Edinburgh's International Award was founded by HRH Prince Phillip, who celebrated his 95th birthday this year. He recently wrote "Gold Awards are not easily gained. Young people growing up in this modern complicated world have many difficulties to face and opportunities for personal development are often limited. I hope that all those who take part in this Award will find added purpose and pleasure in their lives".

During our last school holiday I had the greatest pleasure of attending a Gold Award Ceremony, at St Stephen's Uniting Church, Macquarie Street, Sydney, where 6 PLC Students, current and old girls, were presented their award by His Excellency General The Honourable David Hurley AC DSC (Retd) Governor of NSW. Laura Tindale, our first in Year 12 to complete her Gold Award, was joined by her sister Emma and Georgia Lloyd, Josie May Waters, Ariane Dol and Melissa Harvey.

PLC Armidale actually had 9 Gold Awardees nominated for this presentation ceremony, however Georgia Diebold, Georgia Ostler and Kirby Moore were all overseas at the time of this ceremony.

After the opening address, there were inspirational speeches from His Excellency David Hurley, one of the Gold Awardees and an Award Leader who spoke eloquently about his personal experiences with the International Award. His Excellency focused on the qualities that our future leaders need and how important it is to equip our students with the skills, resilience, determination and courage to step up to the challenges that they will face. Knowing our amazing girls, I am reassured that our future is in good hands.

SHE
BELIEVED
SHE COULD,
SO SHE DID

As our six girls were presented with their Gold Awards they joined an elite group of only 14,000 others in NSW who have achieved their Gold.

After the ceremony we were treated to morning tea and a tour of Government house, with its stately rooms, large ballroom and grand chandeliers and enjoyed the stunning views of the harbour.

I am very proud of all our girls who take on the challenge of the Duke of Edinburgh's Award Program. It really is a fabulous program and I congratulate all those who complete their Awards, as it shows their tenacity and inner strength or as Dan Gable puts it, "Gold medals aren't really made of gold. They're made of sweat, determination and a hard-to-find alloy called guts."



NSW Samsung State Age Netball Championships 2016

(2 – 4th July, Wollongong)

A number of our girls travelled to Wollongong during the holidays to compete in the NSW State Age Netball Championships.

Nina Breckenridge, Lucinda Caldwell, Alice Berry, Lily Graham, Sarah Miron and Amber Vickery all played and Sophie Hansen umpired.

The girls played seven games of netball each day and were well looked after by their coaches and team managers. The 45 outdoor courts and 4 indoor courts were packed each day, and with only 3 minutes between games, the logistics and moving of the thousands of players and their families, was an impressive sight to see. It was an enormous event!

In fact the official numbers from Netball NSW are staggering. Over the 3 days, at 3 different locations, there were 309 teams, over 3,300 players, 87 associations, over 40,000 spectators, over 1,000 team officials, 500 umpires, 5,400 games of netball were played and 83,000 goals were scored. There were 116 draws and 2160 hours of netball!

Playing in the Armidale and Glen Innes Netball Association representative teams gave our girls the opportunity to play and train with the best in our region. Our girls got to know and become firm friends with girls from other schools and the camaraderie on and off the court, between the players and their parents was lovely to experience.

They all improved in their skills and their ability to read the game and enjoyed personal and team successes over the 3 day competition.

Also...

Sophie Hansen and Mia Tindale competed in the NIB games, representing NIAS. Sophia and Mia played in Division 2.





Equestrian News

The Equestrian NSW State Interschools was held in Sydney at SIEC during the holidays. The competition included riders from across the State, requiring suitable previous performances to enter. Clare Askey competed in the 105cm eventing class, placing 5th on her horse Tahoe and Sarah Askey was in the 95cm class, placing 3rd on her horse Bundy.



Australian Under 18 National Hockey Championships

The Australian Under 18 National Championships were held in Launceston during the holidays. Sarah Askey played on the NSW Blues team, who placed 6th overall. Sarah is pictured above playing in their first game against QLD 2, where they won 6-1.

U15 Girls Field State Hockey Championships 2016



Lucy Quast was awarded the inaugural Hockey NSW Under 15 Girls Field State Championship 2016 Citizenship Award from the hundreds of girls who attended this event at Taree from 24-26 June.

The award was made to the girl who best exemplified the ideals of fair play and good sportsmanship sought to be encouraged by Hockey NSW. Here she is presented with her award by Kate Jenner, a former Hockeyroo.



Winners of Div 3 Hockey NSW Under 15 Girls Field State Championships 2016 - New England 1! PLC Girls represented are Lucy Quast, Mackenzie Constable and Mia Emmanuel.



Development and Enrolments

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



NSW Boarding Schools' Expo – Narrabri next week

The final Boarding Schools' Expo for the year will be held in Narrabri next Friday and Saturday July 29 and 30. If you live in the area or have family and friends, who might be interested in hearing about

what's happening at PLC Armidale and the many opportunities for girls, please let them know to call in to the Crossing Theatre and see us at the stand.

EOFY Annual Giving – Thank you

Many thanks to everyone, past and present, who contributed to the Foundation's End of Financial Year Annual Giving Programme. Tax deductible receipts will be distributed by the end of the month. This very valuable giving opportunity underpins the Foundation's fundraising activities. Should you wish to organise a more regular donation on a weekly or fortnightly basis, please contact me. Every little bit counts and greatly assists in the provision of educational opportunities for girls. When we give, we all grow.

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Experience Days

It is that time of year, where we facilitate the opportunity for prospective students to come and see what a day as a PLC Armidale girl is like. Thank you to all our staff and students who have been so welcoming and accommodating to ensure that our future girls have enjoyed a wonderful experience. Should you know of any girl who too would like this opportunity whether it be for Junior or Senior School, please do not hesitate to contact our friendly Enrolments Manager, Sally McCook.

Supporting Our Community

As a Community Supporter of the Northern Inland Academy of Sport (NIAS), PLC Armidale has been invited to attend the annual Academy Awards night, which again this year is being held in Armidale at the Bowling Club, tomorrow night (July 23). Our talented String Musicians will be performing on stage at the event as well as providing the background music as the guests from all around the region arrive. Our sincere thanks to the girls and their parents for giving their time to perform at this special community event.



Guild Gathering

Rebecca Ward, Year 6 Teacher

In Term 2, the Junior School held their first Guild Gathering sessions, led by Year Six. The reason for holding these gatherings is for the guilds to get to know each girl and to build team spirit. These games were played by Kindergarten right up to Year 6.

During the first session, the guilds got together and played tabloid games against their sister guilds. Wentworth and Forrest played 'Bench Ball' while Macquarie and Gregory played 'Rob the Nest' and a variation of 'Stuck in the Mud'.

The second session was an opportunity for each guild to participate in some simple STEM and problem solving activities. Some of the activities were making a run for Jaffas and Maltesers, building a bridge to hold 15 marshmallows, and also building a tower out of marshmallows and straws, making a giant cobweb, relays and mazes. All of the Junior School participated in these activities.

SRC, Action Group and Guild Gatherings were combined in our final session. The Junior School came to school with wacky 'cyclone' hair, got dressed into their pyjamas or mufti clothes and donated a gold coin. Many students also donated books, toys, puzzles and games to send to Fiji to help Nasomo Village Kindergarten. Nasomo Village was badly damaged by Tropical Cyclone Winston and this was an opportunity to show that we care. The entire Junior School piled into the Year 6 classroom to participate in awareness activities, during an "Hour Without Power". This was to help the children understand that the students in the kindergarten have been without power, have very limited supplies and many students are crammed into the one classroom. Year 6 discovered how challenging it is to work with small groups while a lot of noise is continuing in the background. They still remained calm while engaging the younger students in these activities! The Junior School raised over \$130, which will be sent to Nasomo Kindergarten.

Year 6 gained a lot of skills by planning the activities for this new initiative. We look forward to planning many more next term.





Beyond Blue Social Service Report

*Georgina Breckenridge & Saskia Kennett
Year 10 Student Council Representatives*



Last term Years 6, 8 and 10 took on one of the two main social services for PLC, Beyond Blue. Beyond Blue was voted on to be one of the two main social services for the school, alongside the Paralympics Foundation, by the Student Representative Council members after consulting their pastoral care classes. Beyond Blue is an Australian mental

health organisation that specialises in the issues of depression and anxiety. The organisation is close to some of our hearts and has brought comfort to members of the PLC Armidale community at times. Therefore it seemed to the SRC an appropriate organisation to raise awareness and fundraise for. The aim for Years 6, 8 and 10 was to share the message of what mental health is, both good and poor, and to raise some money to give to the organisation which will be used to support other people struggling with their mental health.

To raise awareness for Beyond Blue, Year 10 conducted an assembly presentation in week 8. The presentation summarised mental health and put an emphasis on the fact that mental health can be both good and poor. We discussed the aims of Beyond Blue and pointed out places to go if you might be having difficulties such as the Beyond Blue website or helpline, Headspace and Kids Helpline. The presentation also covered where to go at school if you need help. Year 10 are currently working on setting up support systems at school specifically aiming at the mental health of students across the school. We aim to have this up and running by the end of the year.

Another part of our awareness campaign was presenting a pastoral care presentation to each pastoral care class. Year 10 split into groups, one group on each year group from Year 6 to Year 12, to create a presentation to reinforce the ideas we put

forward in the assembly presentation. We revisited the idea of mental health being good and bad, gave some more information on the history of Beyond Blue and a few of the groups read stories of people who had overcome their mental health problems. The pastoral care classes then participated in a fun activity that we had organised which was to write a nice message/quote or colour in a cut out butterfly. The butterfly's significance was that the Beyond Blue logo is a butterfly. They all are stuck up in 3D in the main corridor surrounding the words, "Beyond Blue." We think this is a great reminder everyday when we walk past to remember what mental health is.

Our fundraising campaign was also very successful. Year 10 cooked a variety of special treats (mostly blue) to be sold over four days at recess. Year 8 helped us out with the setting up of the bake sales each day, the selling of the treats and cleaning up. Our Year 6 girls contributed by making colourful posters to inform the school of the details of the bake sales. Over the four days we raised \$333.80. We are super proud of this number and we thank Years 6 and 8 for their help. This money has been sent off to the organisation.

Year 10 will be continuing our social service throughout the year. We plan to put an 'off your chest box' in the bathroom where you can write down a thought or worry on a piece of paper and leave it in the box to get it off your chest. This initiative comes from the idea that often people keep things to themselves and let things build up. It may be a small gesture but the idea is to make people aware of things they are keeping to themselves that may be dragging them down. As mentioned, we are also working on setting up support systems within the school. We would like to thank all of Years 6, 8 and 10 for their hard work in organising and completing our campaign programs. Another thanks must go to all year groups who participated enthusiastically in our assembly and pastoral care presentations. By the end of the year we hope to see the school have a better understanding of mental health and see this into the future.



P&F News

Janine Ranck and Deb Hiscox, Co-Presidents

The P&F fundraising Trivia Night held on Friday 17 June was a great night! We had over 110 keen, very social trivia buffs present. The event proved to be a light hearted, fun-filled night with many laughs had, lots of stretching of brains and loosening of wallets.

We would like to thank our sponsors, for without them, it makes it so much harder to raise big funds. So a BIG thanks to Mark Atkin and Rob Tindale and their businesses for sponsoring the evening.

We had 2 PLC families donate an item each which Mark auctioned for us – many thanks to Terry Bohlsen and Maree Puxty and Phil and Corrine Emanuel – wonderful items, amazing

generosity and very much appreciated. In addition to this we had 13 tremendous silent auction items donated by families and local businesses which proved very popular with all items sold, exceeding their values. We also had staff, families and local businesses donate prizes for our games played throughout the evening – again such generosity.

A special thanks to our 4 Duke of Ed girls who babysat for the evening which makes the evening so much easier for families to attend with little ones.

Thank you everyone for your continued support of the PLC P&F. The \$5,600 raised will go straight back into the school by assisting with funding of equipment and projects around the school.

Please mark your diaries for our MAJOR fundraiser of the year, which will be our bi-annual High Tea held on Saturday 22 October.

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose



Tolerance: a vital ingredient for your child's success

Kids who accept differences in others are setting themselves up for success in the world of diversity that they will enter.

Want your child to be successful way past the confines of the school gate?

Then you need to make sure your child is tolerant of individual differences and accepting of children and adults who look and act differently to them.

There's no doubt that success in today's world depends on the ability to understand, appreciate and work with others. The child who is open to differences is likely to have more opportunities in school, in business and in life in general.

Schools are diverse places

Walk into any school ground in Australia and you'll witness diversity firsthand. You're likely to see children from many different cultural, racial and family backgrounds. You'll also see kids with different needs and diverse ways of expressing themselves. Some kids will wear their hearts on their sleeves, while others will be taciturn and quiet. Tolerant kids are accepting of these differences.

They make friends with children and young people who may look and act differently to them.

Intolerance breeds bullying

Intolerance, or prejudice, is at the heart of a great deal of the bullying that occurs among children and young people. Kids who look

and act differently or who are more isolated often experience bullying for no apparent reason other than the fact that they are 'different'. Whole-hearted acceptance and even appreciation of differences is a preventative bullying measure that we can all support.

Tolerance starts at home

Kids learn attitudes such as tolerance from those around them. Children in primary school usually reflect the attitudes of their parents. While adolescents are strongly influenced by their peers, parental attitudes still have a significant impact on their attitudes to other people. In short, if you want your child to be accepting of differences – whether they are racial, cultural, behavioural or in sexual orientation – then make tolerance a family trait.

Here's how:

Help your child feel accepted, respected, and valued. When your child feels good about himself, he is more able to treat others respectfully.

Model acceptance. Kids learn what they live so make sure you welcome differences in others, and be sensitive to cultural or racial stereotypes. It also helps on a practical level to discuss prejudice and stereotypes when they occur in the media.

Challenge prejudice or narrow-minded

views. Sometimes kids, knowingly or unknowingly, can say the cruellest things about others. As a parent respectfully remind your child or young person about the impact that a narrow view can have on his or her own behaviour as well as on those it may be directed towards. Intolerance of diversity is an attitude that parents should make a stand against.

Answer kids' questions about differences

honestly and respectfully. Teach your kids that it is acceptable to notice and discuss differences as long as it is done with respect.

Respect individual differences within

your own family. Your ability to accept your children's differing abilities, interests and styles will go a long way towards establishing an attitude of tolerance in the children themselves. By valuing the uniqueness of each member of your family you are teaching your kids to value the strengths in others, no matter how diverse. Modern Australia is such a wonderful culturally-rich place. This diversity is part of its magic. One way to make sure our children fully appreciate this richness is to fully embrace tolerance in everything we do.

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.



parentingideas.com.au

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Tennis at PLC Armidale

Term 3 2016 – Starts Thursday 28th July

Now is a great time to take up tennis. The weather is not too hot and with smaller class sizes you can improve your game before the summer season starts.

Convenient classes are being held after school on Thursdays. We are running an 8 week program and would love to see you there.



Pee Wee Tennis

This is an internationally recognised tennis program for 5-7 year olds. It is developed around the “red ball stage” of Hot Shots. Smaller nets and courts, as well as a larger, low compression ball make rallying easier.

At this level we work with only 5-6 kids per coach and the lessons are only 30 minutes long.

Cost for this 8 week program is only \$88

Classes will be held: Thursday 3:45-4:15 Starting on Thursday 28th July

Little Masters Tennis

This is a fun class for beginners aged 7-12 or those that have had little experience. This is played with an orange ball on a $\frac{3}{4}$ size court. The kids will learn to rally and play tennis from day 1.

These classes are 1 hour long and we work with 6-8 children per coach. However, all children will be playing on their own court. There is no standing in line waiting for a turn. All children will be active all the time!

Cost for this 8 week program is only \$88.

Classes will be held: Thursday 3:45-4:45pm Starting on Thursday 28th July



Bookings are essential. Contact Peter Le Surf on 0417 957 982 or email peterlesurf@optusnet.com.au

Peter is also available for private lessons before school or lunch times.

THE NEW ENGLAND CONSERVATORIUM OF MUSIC

presents



TRIO NOVALIS

Minah Choe, cello Goetz Richter, violin Jeanell Carrigan, piano

Dulcie Holland, *Piano Trio* (1944)
Antonín Dvořák, *Trio op 90, e minor B.166 ("Dumky")*
Franz Schubert, *Trio op 99, Bflat major D 898*

SUNDAY 24 July 2016, 2:00pm
Auditorium, CB Newling Building (Old Teacher's College)
Mossman & Faulkner Sts, Armidale

Book tickets online at www.trybooking.com/LSFM

Adult \$30/Pensioner \$25/FT Student \$10

Info: www.necom.une.edu.au Tel: NECOM (02) 6788 2137

music speaks volumes