

# lion's roar

TERM 4 • 25 NOVEMBER 2016 • VOLUME 272



## From The Principal

*Mrs Nicola Taylor*

The recent decision of an Independent Sydney school to transition from its current structure of boys only Stages One to Five and co-educational Stage 6 to fully coeducational across all years of schooling led again to discussion in the press about the validity of single sex schools. Loren Bridge, President of the Alliance of Girls' Schools - an organisation serving girls' schools in a cross-sectorial fashion of which PLC Armidale is a member wrote a well considered response the full transcript of which can be found at the following link. <https://www.agsa.org.au/news/girls-schools-remain-true-single-sex-heritage-response-sydney-morning-herald/> The article from Mamma Mia Journalist Zoe Rochford listed by Ms Bridge is also worth reading as she outlines her personal experience of attending an all-girls school.

Ms Bridge makes the observation that "it is very rare for girls' schools in Australia to move to a co-ed model and countries such as the US are actively opening more single-sex schools with numbers increasing from 34 in 2004 to 850 in 2014 and counting... The case for single-sex schools is strong, and vitally should not be based solely on academic achievements and interests. Yes,

academic merit is important, however it is the social and emotional building blocks, the confidence to take bold approaches to challenges, the skills to embrace calculated risks and the leadership opportunities that girls' schools provide for girls both during and after their schooling that sets them apart. Indeed, this is the modern world for which girls are being prepared."

As Principal, I have led a very good co-educational school and now have the privilege of leading a very good all-girls school. Ms Bridge's comments match my own observations. Providing parents choice in the educational market place is imperative. The education of our children is a key parental responsibility and for many a very significant financial investment. Girls flourish at PLC Armidale!

### Staff Announcements

Following a recruitment process characterised by the high calibre of the applicants for each of the positions I am delighted to make the following announcements...

### Head of Junior School

Mrs Fiona Wake has been appointed to the position of Head of Junior School. Fiona is characterised by her passion for

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quality teaching and learning practice, her organisational and communication skills undergirded by her genuine pastoral care of students and colleagues. Fiona is committed to the Christian faith position of the College and looks forward to seeing the foundational Christian values and principles upheld in her leadership of the Junior School.

### Director of Sport

Mr Peter Le Surf has been appointed as our inaugural Director of Sport. Known to many within the community for his tennis academy, Peter is an experienced Mathematics teacher who has pursued a passion for sport

*continued on Page 2...*

continued from Page 1...

particularly tennis at an elite level. Peter is a fully qualified high performance coach and brings to the role connections across a range of sports regionally and nationally. Peter is looking forward to bringing his experience and expertise in developing sport related enterprise to further enhance and promote Sport@PLC.

#### Office Manager / PA to the Principal

Mrs Trish Ritchings has been appointed as the new Office Manager and PA to the Principal. Mrs Ritchings joins PLC Armidale with a wealth of experience acquired through a number of previous roles including school receptionist, PA in a large finance company and having most recently served as the PA to CEO and Dean of a Tertiary Education Provider. Trish and her husband relocated to the New England region earlier this year and Trish is looking forward to taking up this position within PLC Armidale.

#### HSIE Teacher

Mrs Michelle Power has been appointed to the HSIE faculty. Mrs Power is currently teaching at Walcha Central School and is an experienced educator, having taught Economics, Business Studies, Commerce and Geography previously. Michelle is also a keen sportswoman and current parent within the PLC Armidale Community. Mrs Power's appointment aligns with our increased subject offerings for Stage 6 students.

However, it was with regret, that I accepted the resignation of Mrs Tania Hardin from our Junior School staff last week. Tania has decided for personal and professional reasons to leave PLC Armidale to further diversify her experience and skill set. Tania and her husband Dave look forward very much to continuing their connection with PLC Armidale as parents within our community. We welcome Mrs Geraldine Vanzella to the Junior School Staff for 2017 as she takes up a position with us in the New Year as a classroom teacher. We are currently seeking expressions of interest for a 12month maternity leave replacement position in the Junior School. Further information will be made available on the College Website.



## Senior School Notes

*Anna Caldwell, Head of Senior School*

### Peer Support Leadership Training Day

The end of Year 10 is an important transition phase for our girls as they progress from Stage 5 to Stage 6, move in to the senior years of the school and take on roles of responsibility and leadership.

Year 10 recently participated in a Peer Support Leadership Training day that focused on developing leadership skills, building positive relationships and connections, realising responsibilities, personal strengths and characteristics and developing decision-making skills.

This training is part of the College's Pastoral Care program. It provides students with the opportunity to develop and practice leadership skills within a supportive environment and all skills will help prepare students for the demands of Years 11 and 12.

After undertaking this program, our Year 10 students applied to become a Peer Support Leader to support Year 7 in 2017.

The girls thoroughly enjoyed the day and look forward to assisting Year 7 with their transition to secondary school in the new year.

### Hawkesbury Canoe Classic

Congratulations to Chloe Stier who was the winner of the Junior fundraiser trophy for 2016.

### Duke of Edinburgh's Award.

Silver/Gold Expedition December 11 - 16, Great North Walk. Information to come soon.

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## calendar OF events

25 NOVEMBER  
TO 8 DECEMBER  
2016

Cattle Team to Dorrigo Show	25/11/2016
Year 6 Sleepover	25-26/11/2016
Years 3 to 6 Treble Makers – Rick Hatch Pottery Shop Opening	26/11/2016
Activities Week	28/11-2/12/2016
String Soiree	29/11/2016
Year 6 Dinner	1/12/2016
Final Assembly	6/12/2016
Carol Service	6/12/2016
Christmas Dinner for Boarders and Parents	7/12/2016
Speech Day	7/12/2016
Guild Drama	8/12/2016
Last Day of Term 4 - Boarders depart (PM)	8/12/2016





# GUILD DRAMA

This year's Guild Drama commences at 12:15pm on Thursday 7 December, with Guilds appearing in the following order:

MACQUARIE..... 12.30PM  
FORREST ..... 1.00PM  
GREGORY ..... 1.30PM  
WENTWORTH..... 2.00PM

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## End of Year Activities

With the end of term fast approaching, we are looking forward to our Activities weeks in Weeks 8 & 9. To assist you with your organisation, please see the program below for all students.

### WEEK 8 TERM 4

Monday 28 November – Friday 2 December	
<b>Session 1</b>	<input type="checkbox"/> Junior School Community Service (K – Year 5) <input type="checkbox"/> Senior School Life Saving (Year 6 – Year 11)
<b>Recess</b>	
<b>Session 2</b>	<input type="checkbox"/> Junior School Swimming (K – Year 5) <input type="checkbox"/> Senior School Social Service (Year 6 – Year 10) <input type="checkbox"/> Intensive Study Session (Year 11)
<b>Lunch</b>	
<b>Session 3</b>	<input type="checkbox"/> Guild Drama Rehearsal (K – Year 11) <b>FRIDAY – 3-6 Choir (1:30pm-2:30pm) &amp; Readers' Rehearsal (2:00pm-3:30pm) at Cathedral</b>

### WEEK 9 TERM 4

Monday 5 December	
<b>Session 1</b>	<input type="checkbox"/> Junior School Community Service <input type="checkbox"/> Senior School Life Saving (including Year 6) <input type="checkbox"/> Senior School Choir to perform at TAS Carol Service
<b>Recess</b>	
<b>Session 2</b>	<input type="checkbox"/> Junior School Swimming (K – Year 5) <input type="checkbox"/> Junior School Swimming Social Service group (some Year 10 Students) <input type="checkbox"/> Intensive Study Session (Year 11) <input type="checkbox"/> Carols rehearsal and Pastoral Care Class Activities
<b>Lunch</b>	
<b>Session 3</b>	<input type="checkbox"/> Guild Drama Rehearsal
<b>After School 3.30pm – 5.00pm</b>	<input type="checkbox"/> Senior Choir Rehearsal at the Catholic Cathedral <input type="checkbox"/> Transport provided to the venue. <input type="checkbox"/> Please collect your daughter from the Cathedral at 5:00pm

Tuesday 6 December	
<b>Session 1</b>	<input type="checkbox"/> K-6 Activity <input type="checkbox"/> Final Assembly (Senior School Students)
<b>Recess</b>	
<b>Session 2</b>	<input type="checkbox"/> Intensive Study Session (Year 11) <input type="checkbox"/> Class Parties and Clean-up (Years 7 – 10) <input type="checkbox"/> Guild Drama Rehearsal
<b>Lunch</b>	
<b>Session 3</b>	<input type="checkbox"/> Speech Day Rehearsal – Prize winners and performance group 2:00pm-2:30pm <input type="checkbox"/> Guild Drama Rehearsal
<b>After School</b>	<input type="checkbox"/> Service of Nine Lessons and Carols 6:00pm. <input type="checkbox"/> Years 3-6 and Senior School Choir to arrive at the Catholic Cathedral at 5:15pm. <input type="checkbox"/> All other students to arrive at 5:45pm.

Wednesday 7 December	
<b>Session 1</b>	<input type="checkbox"/> K-6 Activity <input type="checkbox"/> Years 7 – 11 students arrive at PLC at 8:45am <input type="checkbox"/> Speech Day commences at 9:00am
<b>Recess</b>	<input type="checkbox"/> Morning Tea for Guests and Students provided in the Rose Garden (Years 7-11)
<b>Session 2</b>	<input type="checkbox"/> Guild Drama Rehearsal
<b>Lunch</b>	
<b>Session 3</b>	<input type="checkbox"/> Guild Drama Rehearsal
Thursday 8 December	
<b>Session 1</b>	<input type="checkbox"/> Guild Drama Rehearsal
<b>Recess</b>	
<b>Session 2</b>	<input type="checkbox"/> Guild Drama Rehearsal
<b>Lunch</b>	
<b>Session 3</b>	<input type="checkbox"/> Guild Drama commences at 12:15pm, in the following order <ul style="list-style-type: none"> <li>○ Macquarie</li> <li>○ Forrest</li> <li>○ Gregory</li> <li>○ Wentworth</li> </ul>

## Christmas in Australia Drawing Competition

Elders Insurance are holding a 'Christmas in Australia Drawing Competition' for school children. There will be an infants and a primary winner. Plus the opportunity for your school to win \$250.00.

For more information please go to <https://www.facebook.com/EldersInsuranceNewEngland/>

We hope your daughters enjoy the end of year activities. If you have any queries please do not hesitate to contact the school.



## Performance at Autumn Lodge

*Matthew Minter, Director of Music*

The Junior Strings put on a wonderful concert for the residents of Autumn Lodge on Tuesday 22 November.

The audience had their feet tapping to the folk dances, and were delighted by the beautiful music and entertained by the humourously scary sounds during the performance of Shark Attack.

The morning was made even more special by the attendance of three guests with a PLC connection.

Mrs Lucy Poggioli was the music teacher at PLC in the 1950's and was instrumental in establishing a Suzuki violin program at PLC Armidale, Mrs Helen Ogden who was a piano teacher at PLC and Mrs Nancy Waters taught in the Junior School in the 1940's. Mrs Waters said that although it was a great school in the 1940's, the girls didn't have quite the amazing opportunities they have today. The elderly former staff of PLC were so delighted to hear the girls and it brought back so many special memories for them.

Thank you to Mrs Rickards for preparing such an excellent program and highlights of the program can be heard next Tuesday evening at the String Soiree.



# VC COMMUNITY OPEN DAY

BOOLOOMINBAH, UNIVERSITY OF NEW ENGLAND

10AM-4PM  
SUNDAY, 4 DECEMBER 2016



*Photo courtesy of Terry Cooke*

For one day only view the hidden treasures of UNE's private art collection at the 2016 Vice-Chancellor's Community Open Day. Renowned Australian artists including Arthur Streeton, Norman Lindsay, Thea Proctor, Russell Drysdale and William Dobell will adorn the walls of Booloominbah for this special community event.

Soak in live music as you enjoy complimentary cake and tea on the lawns. UNE Discovery will also keep the kids entertained with hands-on science activities.

Booloominbah's Cafe will be open for lunch with family friendly options. For more details visit: [une.edu.au/vc-open-day](http://une.edu.au/vc-open-day)

Art



Music



Food



Kids Activities



Free





## Pre-Kinder Nativity Play

One of our favourite performances of the year! Congratulations to our very clever Pre K girls (and Mrs Kennedy and Mrs Faulkner) for their absolutely exceptional performance of the Nativity play in Junior School Chapel on Thursday.

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## 2017 Calendar For Sale

In preparation for the celebrations of the 130th Anniversary of PLC Armidale in 2017, we have produced a College Calendar. It will be available for purchase at the various end of year events or by contacting the College Reception on 6770 1700 or emailing [aa@plcarmidale.nsw.edu.au](mailto:aa@plcarmidale.nsw.edu.au)





## Boarding House News

Tara Price, Year 11

It's been a busy few weeks in the boarding house as the term is drawing to a close. The highlight of the month was the Year 10 Celebration Dinner where we got to see our gorgeous Year 10's all dressed up and looking fabulous. The night was a huge success and was enjoyed immensely by both the girls, their parents, and the staff. We wish our Year 10s lots of luck on their upcoming Coffs Harbour excursion.

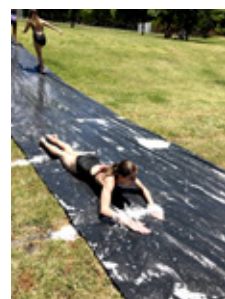
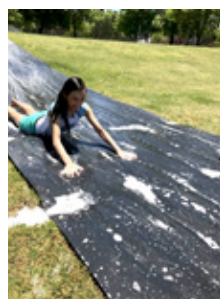
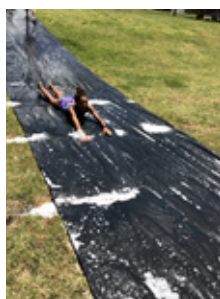
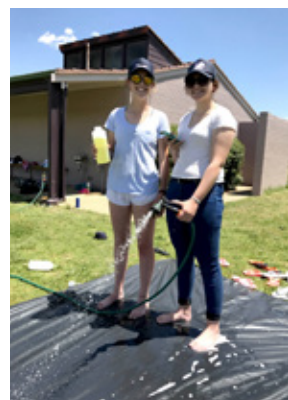
The end of Year 7-10 exams have meant the weekends have more time to do activities. As the days have been warming up, the girls have started to make regular visits to the local pool to cool down. The first slip n slide of the term was set up by the Year 7 girls this weekend and it was enjoyed by all with everyone outside soaking up the sun. The boarding house has also enjoyed the company of Jess the Duty Mistress's labrador puppy, Sasha. The four bunnies have also been enjoyed by all, with many cuddles being shared with them, although their sharp claws have left some of our girls with battle scars. The trampoline has also been getting a workout in the past month, with some spectacular tricks being done by some of the girls.

The dining staff recently put on a Halloween dinner for the boarders, where we were treated to some delicious themed food. Thank you Jodi and the dining hall staff for a fabulous night!

As Activities Week begins next Monday, the girls are getting excited for life saving, social service and Guild Drama. There is quite a busy week ahead however it will be enjoyable nonetheless. We are looking forward to holidays now only two weeks away!!

### Activities coming up:

- Dangars Falls Trip Sunday 27th November
- Christmas Tree arrives 28th November
- Christmas Craft - Next week
- Christmas Dinner cooking - next week
- Tamworth Trip 3rd December
- Church 4th December
- Christmas Lights Tour & Maccas 5th December
- Christmas Dinner 7th RSVP by 25th November



## Junior School Chapel

A very moving farewell on Thursday morning for our very loved Mrs Breckenridge. The Year 4 girls sang the most beautiful rendition of "For Good" by Stephen Schwartz from the musical Wicked. Lucky there were plenty of tissues around!







## Junior School News

*Ainslie Breckenridge, Head of Junior School*

As we enter the last week of classroom learning it is a great time to reflect upon all that these young girls have experienced this year with their teachers and peers. As girls start to bring home workbooks, projects and art pieces, I encourage everyone to take the time to flip through them and have a good look at what and how our Junior School girls are learning. With the changes to curriculum documents comes change too in how some of the content is delivered. It is certainly an interesting time in education.

Thank you to everyone for attending the Junior School Presentation Evening. It is a wonderful way to celebrate the year and it is a beautiful tradition in the Junior School where every girl receives a book. The girls were incredibly gracious in receiving their gifts. Big congratulations to the Year 6 girls who basically ran the evening. It is always a highlight of the year for them as they perform one of their last duties as Junior School leaders.

The next two weeks is full of swimming, social service and Guild Drama. Please ensure you inform Mrs Emma Young if your daughter is going to be away at all for any of these events. Please all refer to the Activities week schedule that was sent earlier to be able to follow what your daughter will be doing during this time.

## NSW Under 18 Indoor State Hockey Championships

Congratulations to Lily Neilson and Sarah Askey representing Hockey New England in Goulburn on the weekend at the NSW Under 18 Indoor State Hockey Championships. The team playing in division 1, finished 4th overall after loosing their semi-final to the eventual Champions ISCH 1, 3-0.

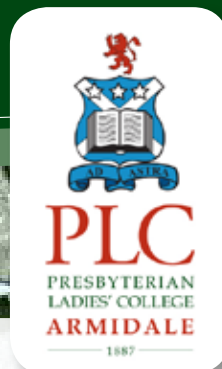
Sarah has also been selected as a shadow player for the NSW Under 18 State team that will compete at Nationals in January 2017.

Great work girls.



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The Principal of PLC Armidale  
requests the pleasure  
of your company at the

*Service of Nine Lessons  
& Carols*

**Tuesday 6 December 2016**

**6.00pm**

AT ST MARY & ST JOSEPH'S CATHEDRAL,  
DANGAR ST ARMIDALE

*Speech Day*

**Wednesday 7 December 2016**

**9.00am**

ASTRA ARTS CENTRE PLC ARMIDALE

**Guest Speaker** - former PLC Armidale student

**Catherine Armitage (1979)**

*Senior Writer, Innovation and Ideas,  
Editorial Writer Sydney Morning Herald*

*Guild Drama*

**Thursday 8 December 2016**

**12.15pm**

DOROTHY KNOX CENTRE, PLC ARMIDALE

*Educating successful women of tomorrow in a Christian environment.*



## Annual

# String Soirée

Featuring Junior and Senior String Orchestras  
plus String Alumni

**Tuesday 29 November 2016**

**6.30pm - 7.30pm**

Light supper and refreshments available afterwards

**Astra Arts Centre, PLC Armidale**

Adults \$15 • Children FREE

Tickets will be available at the door

*Guest Soloists*

Li Ling Chen, Shah Biffin and Jonathan Bruhl



*Educating successful women of tomorrow in a Christian environment.*

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## Development and Enrolments

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



### PLC Armidale Calendar for 2017 – a timely Christmas gift!

In preparation for the celebrations of the 130<sup>th</sup> Anniversary of PLC Armidale in 2017, we have produced a College Calendar. It will be available for purchase at both Speech Day and Guild Drama, as well as at Reception for just \$10. It is a limited edition so be sure to organise your purchase early!

### Scholarships for 2017 and 2018

Applications open next week on December 1 for the Academic, Music and Visual Arts Scholarships for 2018. The examination date is on Monday 27 February, 2017 and applications close on February 17, 2017.

Applications have now closed for Round 4 of the All Rounder & Boarding Scholarships for 2017 and will be determined in the next week or so. You will receive notification in the post by Friday 9 December. These Scholarships are for both current and future students. Should you wish to know more details at this stage, please contact Enrolments Manager Sally McCook, on 6770 1727 or send an email.

### Give the Gift of a PLC Armidale Periodic Table element.

This is the final opportunity for you to purchase a piece of PLC Armidale history!

Why not team up with others in your year group or Elective class, pool your resources and make a purchase. For just \$300 you could have eg. Silicon, Indium, or even Beryllium, to name a few! Please contact me for further details.

An example of what your plaque could look like on the PLC Armidale Periodic Table can be viewed here: (Photos from Science Labs launch)

### Thank you for your support in 2016

Merci, danke, tack, grazie, spasibo, arigato, gracias . . . no matter the language, the meaning is universal! We at PLC Armidale very much appreciate the support of our families and wider community. We also appreciate the staff and students who go above and beyond each day to welcome new girls and their families to the College and help in so many other ways in ensuring each girl flourishes. On behalf of the Enrolments & Development team, Sally and I sincerely thank you.

### Publications

The Spring/Summer edition of the Green Tartan is at the printers and should be available in the final week of term. Should you prefer this to be emailed to you, please let Sally know. And last but not least the 2016 Ad Astra is currently with our Graphic Designer, Bronwyn and with a few additions to be included before Christmas should be printed and back to us by the start of the new school year in January.

Wishing all our wonderful girls and families a “flourishing Christmas and New Year!!

**Social Media ... and don't forget to like and follow us on Facebook!**



## P&F News

Theresa Smith-Ruig & Kelly Smitham, Co-Presidents

The P&F Committee held their Annual General Meeting on Thursday October 27. At this meeting the out-going Co-Presidents Deb Hiscox and Janine Ranck outlined the Committee's activities and achievements during 2016. We would like to recognize and thank the dedicated and tremendous efforts of Janine and Deb as Presidents, and all the liaison parents for 2016 who generously donated their time and energy.

During the AGM, changes to the P&F Constitution were also passed unanimously. The new office bearers for 2017 were voted and include:

Presidents – Kelly Smitham and Theresa Smith-Ruig

Secretary – Kathryn Berry

Treasurer – Megan Kliendienst

Co-vice Presidents of the Senior School – Kim Taylor & Donna Keeping

Co-vice Presidents of the Junior School – Erica Smith & Sandra Gully

Canteen Coordinator – Kim Taylor

Public Officer – Rita Brissett

The 2017 Liaison Parents were also confirmed as:

Kinder – Alix Goudge

Year 1 – Donna Keeping

Year 4 – David Dettwiler

Year 5 – Sandra Gully


Year 7 – Sally McCook

Year 11 – Annette Callister, Vicki Vivers, Judi Hansen

Year 12 – Deb Finney, Alison Evans, Searna Love

There are still a number of year groups yet to appoint a Liaison Parent so please contact the P&F if you are interested in volunteering. The P&F is a great opportunity to meet and work with other parents and to help support our school community.

2017 is set to be an important year in PLC's history as we celebrate our 130<sup>th</sup> anniversary and there are already plans for a number of key events. The P&F looks forward to continuing the strong tradition of bringing our school community together to celebrate and foster links between parents, the school and wider community.



# ignite

## THEIR PASSION FOR THE SCIENCES

Support PLC Armidale by making a once in a lifetime purchase of an element on the PLC Armidale Periodic Table.

1 <b>SOLD</b> Hydrogen																	2 <b>SOLD</b> Helium						
3 <b>SOLD</b> Lithium	4 <b>SOLD</b> Beryllium																	5 <b>SOLD</b> Boron	6 <b>SOLD</b> Carbon	7 <b>SOLD</b> Nitrogen	8 <b>SOLD</b> Oxygen	9 <b>SOLD</b> Fluorine	10 <b>SOLD</b> Neon
11 <b>SOLD</b> Sodium	12 <b>SOLD</b> Magnesium																	13 <b>SOLD</b> Aluminium	14 <b>Si</b> Silicon	15 <b>SOLD</b> Phosphorus	16 <b>SOLD</b> Sulfur	17 <b>SOLD</b> Chlorine	18 <b>SOLD</b> Argon
19 <b>SOLD</b> Potassium	20 <b>SOLD</b> Calcium	21 <b>Sc</b> Scandium	22 <b>SOLD</b> Titanium	23 <b>SOLD</b> Vanadium	24 <b>Cr</b> Chromium	25 <b>Mn</b> Manganese	26 <b>SOLD</b> Iron	27 <b>SOLD</b> Cobalt	28 <b>SOLD</b> Nickel	29 <b>SOLD</b> Copper	30 <b>SOLD</b> Zinc	31 <b>Ga</b> Gallium	32 <b>SOLD</b> Germanium	33 <b>SOLD</b> Arsenic	34 <b>SOLD</b> Selenium	35 <b>SOLD</b> Bromine	36 <b>SOLD</b> Krypton						
37 <b>Rb</b> Rubidium	38 <b>Sr</b> Strontium	39 <b>Y</b> Yttrium	40 <b>Zr</b> Zirconium	41 <b>Nb</b> Niobium	42 <b>Mo</b> Molybdenum	43 <b>Tc</b> Technetium	44 <b>Ru</b> Ruthenium	45 <b>Rh</b> Rhodium	46 <b>Pd</b> Palladium	47 <b>SOLD</b> Silver	48 <b>Cd</b> Cadmium	49 <b>In</b> Indium	50 <b>Sn</b> Tin	51 <b>SOLD</b> Antimony	52 <b>Te</b> Tellurium	53 <b>I</b> Iodine	54 <b>SOLD</b> Xenon						
55 <b>SOLD</b> Cesium	56 <b>Ba</b> Barium	57-71	72 <b>Hf</b> Hafnium	73 <b>SOLD</b> Tantalum	74 <b>SOLD</b> Tungsten	75 <b>Re</b> Rhenium	76 <b>SOLD</b> Osmium	77 <b>SOLD</b> Iridium	78 <b>SOLD</b> Platinum	79 <b>SOLD</b> Gold	80 <b>SOLD</b> Mercury	81 <b>SOLD</b> Thallium	82 <b>SOLD</b> Lead	83 <b>Bi</b> Bismuth	84 <b>Po</b> Polonium	85 <b>SOLD</b> Astatine	86 <b>SOLD</b> Radon						
87 <b>Fr</b> Francium	88 <b>Ra</b> Radium	89-103	104 <b>Rf</b> Rutherfordium	105 <b>Db</b> Dubnium	106 <b>Sg</b> Seaborgium	107 <b>Bh</b> Bohrium	108 <b>Hs</b> Hassium	109 <b>Mt</b> Meitnerium	110 <b>Ds</b> Darmstadtium	111 <b>SOLD</b> Roentgenium	112 <b>Cn</b> Copernicium	113 <b>Uut</b> Ununtrium	114 <b>Fl</b> Flerovium	115 <b>Uup</b> Ununpentium	116 <b>Lv</b> Livermorium	117 <b>Uus</b> Ununseptium	118 <b>Uuo</b> Ununoctium						
72 <b>La</b> Lanthanum	73 <b>Ce</b> Cerium	74 <b>Pr</b> Praseodymium	75 <b>Nd</b> Neodymium	76 <b>Pm</b> Promethium	77 <b>SOLD</b> Samarium	78 <b>Eu</b> Europium	79 <b>Gd</b> Gadolinium	80 <b>Tb</b> Terbium	81 <b>Dy</b> Dysprosium	82 <b>Ho</b> Holmium	83 <b>Er</b> Erbium	84 <b>Tm</b> Thulium	85 <b>Yb</b> Ytterbium	86 <b>Lu</b> Lutetium									
89 <b>Ac</b> Actinium	90 <b>SOLD</b> Thorium	91 <b>Pa</b> Protactinium	92 <b>SOLD</b> Uranium	93 <b>Np</b> Neptunium	94 <b>Pu</b> Plutonium	95 <b>SOLD</b> Americium	96 <b>Cm</b> Curium	97 <b>Bk</b> Berkelium	98 <b>Cf</b> Californium	99 <b>SOLD</b> Einsteinium	100 <b>Fm</b> Fermium	101 <b>Md</b> Mendelevium	102 <b>No</b> Nobelium	103 <b>Lr</b> Lawrencium									
														119 <b>SOLD</b> name it	120 <b>SOLD</b> name it								

create your own @\$500 each



## Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

### The up side of Humour and Laughter

More than just brightening up your day, sharing a good laugh can actually improve your health. The sound of laughter draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter is good for your health:

#### Physical Health Benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles, burns calories
- Prevents heart disease

#### Mental Health Benefits

- Adds joy and zest to life
- Eases anxiety and tension
- Relieves stress
- Improves mood and mental functioning
- Enhances resilience, improves self-esteem
- Helps overcome anger and resentment

#### Social Benefits

- Strengthens relationships
- Attracts others to us, reduces loneliness
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

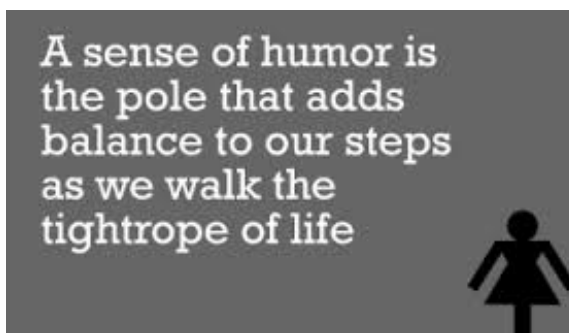
As children, we used to laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humor and laughter, though, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life. What can you do?

- Share funny moments—even if they are embarrassing—with friends
- Host a game night for friends
- When you hear laughter, move towards it
- Seek out playful people who laugh easily
- Learn to laugh at yourself

Organising fun activities throughout the year keeps us feeling positive and connected as a team. Here are some fun things to try:

- Have a pot luck lunch
- Have a dress up or dress down Friday
- Bring in baby pictures, and guess the employees name
- Play beach volleyball
- Eat dessert first
- Make a home-made birthday card
- Pop popcorn with the lid off

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult



# lion's roar

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situations, disappointments, and loss. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. Laughter gives you the courage and strength to find new sources of meaning and hope.

Humour is indeed a communication skill. When we add humour to our conversations, we become more confident, more interesting and more resourceful. Laughter takes you to a higher place where you can view the world from a more relaxed, positive, and joyful perspective. By adding some humour throughout the day reminds all of us not to get too stressed. Positive thoughts enlighten our surroundings to uplift our being. It is well known fact that what we give to the society, we get back accordingly. Thus humour begets humour. So why not have a good laugh! Laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

## WE NEED YOU!



People are PLC Armidale. To commemorate the College's 130th milestone next year, PLC Armidale is planning to celebrate in a very special way. We are compiling a pictorial, coffee-table style book which will feature the College's history, family recipes, anecdotal stories about the College, its gardens and most importantly its people, the students and staff who have made PLC Armidale the flourishing place it is today. It is expected that this commemorative publication will be available for purchase in December 2017.

In compiling information and stories for this book, the PLC Armidale Development Office would like to hear from you, particularly if you have a favourite family recipe you would like to share. If you could please submit your recipe BY JANUARY 31, 2017, we will then organise a number of "cooking days" to prepare, cook and photograph your recipe. We would also enjoy hearing your / or your family's story to include with it.

This will be no ordinary Recipe Book for purchase. It will be a hard back, coffee table style commemorative keepsake, which tells a story of the College's history through its gardens, food and families. For more information, please contact Shona Eichorn, Director of Development, on [development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)



## Parenting *ideas* INSIGHTS



### Building parent-school partnerships

WORDS Michael Grose

## How to encourage kids to be problem-solvers

When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

**Here are six practical ideas to get you started.**

#### 1 Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

#### 2 Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

#### 3 Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their

parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

#### 4 Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

more on page 2 >>



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



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

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## Parenting *ideas* INSIGHTS

Building parent-school partnerships



### ... How to encourage kids to be problem-solvers ...

#### 5 Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'

#### 6 Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

Michael Grose



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



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

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Rick and Suzanne Hatch

Invite you to

Grand Opening

Sat. 26<sup>th</sup> Nov.

9-45 am.

Christmas  
Songs

with

The PLC

Treble Makers

Beautiful  
Colourful  
stoneware  
Pots



Our 24<sup>th</sup>.  
Annual  
Exhibition  
and  
Sale.

functional  
fanciful  
durable.

Small  
sculptures.

Weemala Pottery  
Christmas Shop

at

165 Beardy St. Central Mall

near the fountain

Open Weekdays - 9.30 - 5.30

Sat. 9-1

Sun. Nov. 27<sup>th</sup> and 11<sup>th</sup> Dec.

until Dec.  
24<sup>th</sup>.



*NIAS is a not-for-profit community based organization*

The Northern Inland Academy of Sport (NIAS) has great pleasure in inviting you to the 2017 inaugural **National Football Camp (NFC)**.

The NFC is an inclusive football camp catering for athletes of all standards for Primary and Secondary School students **aged U12, U13, U14, U15 and U16's in 2017**.  
The NFC will be held over the week **22<sup>nd</sup> – 25<sup>th</sup> of January** and will be hosted in the beautiful city Armidale is the thriving hub of the New England Region of NSW and is renowned for its amazing scenery and first class education facilities.

The NFC has the support of **Newington College's** Head of Football Brian McCarthy and is fully endorsed by **Northern NSW Football** who will be providing high profile coaches as special guests in support of this camp.

Headlining the NFC will be Head Coach **Brian McCarthy**. The quality of every Session, Theory or Practical as well as materials and pre event publicity will be of a quality level in keeping with Brian's 12 years of top International Football Involvement at 4 European Championships, 3 World Cups, and 2012 EURO Finals Series with the Irish National Team.

During his time in European Football Brian worked very closely with Giovanni Trapattoni, Marco Tardelli, Sir Bobby Robson, Martin O'Neill, Roy Keane, Robbie Keane, Damien Duff, Steve Staunton, Packie Bonner, Alan Kelly, Kevin MacDonald, Paul Clement (Bayern Munich Asst Manager), Les Reed (present Southampton Academy Director and former English FA Technical Director), Brian Kerr, Steve Walford, Steve Guppy, etc. Brian's son is a current talent scout working for **Jose Mourinho** at **Manchester United**

The National Football Camp is a football (soccer) camp for both **boys and girls** aged U12, U13, U14, U15 and U16's from across the country taking place in a three-day comprehensive football camp. The NFC embraces **inclusivity, enjoyment, friendship in sport and sportsmanship** as its core values.



**NIAS is a not for profit community based organisation and we cannot thank you enough for your support as we continue to 'Develop Potential both on and off the field'.**





In conjunction with Walkley Golf

## School Holiday Fun Weeks

Armidale Tennis Club & Golf Course, Golf Links Rd Armidale

Spend the morning playing tennis (9:00am-12:00noon) followed by lunch at the Tennis Club then spend the afternoon playing golf (1:00pm-3:00pm).

### Golf & Tennis Camps

<b>Week 1</b> Mon 12 <sup>th</sup> -Fri 16 <sup>th</sup> Dec	<b>½ Day</b> Tennis Only <b>\$44</b>	<b>Full day</b> Tennis & Golf (Includes lunch) <b>\$66</b>	<b>½ day full week</b> Tennis Only <b>\$187</b>	<b>Full day-Full week</b> Tennis & Golf (Includes lunch) <b>\$290</b>
<b>Week 2 (Dec)</b> Mon 19 <sup>th</sup> - Fri 23 <sup>rd</sup> December	<b>½ Day</b> <b>\$44</b>	<b>Full day</b> (includes lunch) <b>\$55</b>	<b>½ day full week</b> <b>\$187</b>	<b>Full day-Full week</b> (includes lunch) <b>\$242</b>
<b>Week 3 (Jan)</b> Mon 23 <sup>rd</sup> - Wed 25 <sup>th</sup> January	<b>½ Day</b> <b>\$44</b>	<b>Full day</b> (includes lunch) <b>\$55</b>		

### Tennis Only Camp in December 2016 & January 2017

- ☐ Lunch is provided for those staying for the full day
- ☐ Children under 8 must choose the tennis only or ½ day option
- ☐ Learn sports from highly qualified, professional coaches
- ☐ Loads of fun and prizes

Bring a hat, sunscreen, water bottle something for morning tea and a racquet if you have one. Racquets can be borrowed free of charge. All golfing equipment will be supplied free of charge.

**Contact 0417 957 982 or email [peterlesurf@optusnet.com.au](mailto:peterlesurf@optusnet.com.au)**

1. Childs name..... Age..... Whole/Half Days
2. Childs name..... Age..... Whole/Half Days
3. Childs name..... Age..... Whole/Half Days

Mobile Phone: .....email:.....

Week 1	12 <sup>th</sup> -16 <sup>th</sup> Dec ....	Days: (Please circle)	M	T	W	T	F
Week 2	19 <sup>th</sup> -23 <sup>rd</sup> Dec ....	Days: (Please circle)	M	T	W	T	F
Week 3	23 <sup>rd</sup> -25 <sup>th</sup> Jan ....	Days: (Please circle)	M	T	W		