

lion's roar

TERM 3 • 5 AUGUST 2016 • VOLUME 265



From The Principal

Mrs Nicola Taylor

How delightful to drive to work this morning and enjoy the water views around Armidale. The rain, though I am told somewhat unseasonal has been very welcome filling dams and replenishing tanks. We can be very quick to complain when the conditions are dry, so it is good to be grateful, giving

thanks to God for the refreshment He has sent upon the earth. As a school community, we have much to be thankful for, a wise and experienced governing Council, a committed and capable team of staff, generous facilities, a supportive and active parent community not to mention our talented, tenacious and delightful girls. A willing spirit, strong sense of service within community and commitment to give back because of the opportunities they have been afforded characterises many.

This week we received compliments from the community about our HSC Drama Students performances and our Junior School students participation in the PSSA Carnivals. Congratulations to the teams who represented the College in the IGSSA Hockey and Netball competition in Sydney last weekend. The commitment to training as a team, being fit and match ready was evident in many of the games played. Congratulations to Lily Neilsen, Year 8 who has been selected to join the NSW 2017 Under 15s Hockey Squad. Lily joins a growing number of PLC girls who are being recognised for their skill and commitment through these representative endeavours.

Congratulations to Emma Ranck, Year 11 who was awarded first prize in the Senior Secondary section of the UNE sponsored "Let's Hang It" art competition at NERAM. This was a most highly contested section of the competition so Emma's win was a recognition of her talent. Emma has also been awarded a second scholarship to attend the National Art School HSC Intensive Studio Practice during the October holidays. Congratulations also to Anna Thomas who was awarded Highly Commended in the Junior Secondary section of "Let's Hang It". These works along with other entries are still on display at the Art Museum.

Thank you girls for being such positive ambassadors of PLC Armidale in our community and beyond. Students this week were reminded about the expectations regarding mobile phones at school. Mobile phones are not to be seen or used at school except in the following situations:

- At the request of a teacher for a specific reason (in class or during a break)
- If expecting a message of importance from a parent regarding arrangements for that day when a discrete check at second lunch or at the end of the day before leaving school is acceptable.

Parents can leave messages at Reception for the girls at any time. Likewise, girls may use the phone in the Office to contact parents if needed. At the commencement of each lesson, the girls are asked to place their mobile phones in a box at the front of the classroom. All mobile phones must be set to silent/meeting mode or switched off.

By reminding the girls of these expectations and the consequence if not complied with, we are seeking to encourage them to make the most of face to face interactions; in real time and space with others, especially before school, during recess and lunch. We also want to minimise the distraction to girls that a phone pinging, beeping, moving in their pockets might be especially during valuable learning time. It can be very tempting for girls to isolate themselves from others by reverting to the company of their phone. It also can be very tempting for phones to be misused in other ways that cause hurt and potential distress to others. We appreciate the importance of communication but would ask for parents' support in setting or reiterating boundaries around the use of mobile phones, especially during the course of the school day.



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Curriculum Matters

Trent Donaldson, Curriculum Coordinator

Yr 12 HSC Trial Examinations

Good luck to all the girls as they sit their HSC Trial Examinations over the next three weeks.

PLC's examinations will take place in Weeks 5 and 6. All girls are reminded to arrive early for their examinations, as the start time printed on the timetable is the time that all students should be seated to commence reading time.

Parent/Teacher Interviews

The Senior School will be running two parent/teacher evenings in Week 5 of Term 3. The dates for these interviews are Tuesday 16th August and Thursday 18th August.

The school will be using the Edval Parent Teacher Evening program to manage bookings. Parents will be receiving details on how to book these appointments early next week. Appointments will run for 7 minutes.

These parent teacher interviews are an opportunity for teachers to meet with particular parents about their daughter's progress.



ICT News

David Moffitt – ICT Integration Coordinator

The hype around Pokemon Go is for good reason.

In principle, it is very simple: it combines the



GPS capability of a smartphone with the well-developed Pokémon game platform where players collect, evolve and battle digital characters against those of others. The fact that these characters can seemingly appear INSIDE MY CAR?!? has added a massive layer of novelty to the game.

The big drawback for the game is FOMO (fear of missing out). The game makers have carefully balanced the distribution and value of collectable Pokémon. A few will appear randomly within a short distance of a player's home, encouraging them to get active and go hunting the cunning critters, in and out of neighbouring gardens. The instant reward of capturing a Pokémon only builds the desire to look for more. Add the social interaction of gathering in a park to attend a training gym or tournament event with tens or even hundreds of other people, all staring at their phones held at arm's length and you have a game phenomenon that has quickly eclipsed Twitter and Facebook in user-engagement.

Of concern to parents is the way this game shifts a child's attention away from the real world to the virtual one, while simultaneously demanding that they run around in public with traffic, private property and persons unknown. Many parents have taken to the streets for a nightly Pokémon hunt after an early dinner, to get some exercise and supervise their kids playing the game. As the game requires a mobile-data connection, it might well be mum or dad's phone the kids are using. I don't see much harm here other than excessive download charges.

I am concerned about younger users playing unsupervised (the Terms and Conditions require age 13+ but no-one is checking). The game is remarkably immersive. A user "sees" the Pokémon and can chase it only by watching the phone screen, losing all awareness of their surroundings. Many recent pedestrian accidents have been attributed to the game as well as kids finding themselves in unsavoury neighbourhoods, late at night. Another concern for parents is the "in-app purchases" that can be accessed easily by children. These need to be de-accessed or controlled by parents to avoid expensive credit card charges.

For more on this and other tips and strategies for parents, see the [internet safe families website](http://www.internet-safe-families.com.au). I don't think this game is going away any time soon, so I recommend you download it with your kids and get a feel for how it works. From the website ... the more thought you put into protective practices and workable rules - the more you reduce the risks your children or family will face regarding technology.

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calendar OF events

5 TO 19
AUGUST
2016

Year 10 Information Evening	5/8/2016
Junior School Parent/Teacher Interviews	8/8/2016
AMEB Speech and Drama Exams	8-12/8/2016
Junior School Parent/Teacher Interviews	9/8/2016
Combined College Council Armidale Visit	12-14/8/2016
Year 12 Trial Examinations	15-26/8/2016
Years 3 to 6 Hanna Shield Swimming Carnival	16/8/2016
Years 7 to 11 Parent/Teacher Interviews	16/8/2016
Aquap	16-18/8/2016
Years 10-12 John Bell Scholarships Auditions	16/8/2016
IGSSA Athletics	17-18/8/2016
Years 7 to 11 Parent/Teacher Interviews	18/8/2016
Boarders' Weekend - Optional	19/8/2016
Middle School Social at PLC (Years 6-8)	19/8/2016



Senior School Notes

Anna Caldwell, Head of Senior School

With this Term now well underway, we are enjoying hearing about the experiences and successes of our students who are on exchange in New Zealand, competing in Art shows, IGSSA sporting events and EKKA, in Brisbane. We have enjoyed listening to our talented musicians at the In House Concert and in assembly and our Speech and Drama Students are about to embark on their AMEB exams next week.

Our Year 12 students are preparing for their Trial Exams and our Year 11 students are writing manifestos and speeches as they nominate for Prefect and Leadership Positions. We are also looking forward to the official opening of the new Science Labs, on Friday 12 August. It really is all systems go!

Uniform

We have been very lucky with the weather so far this winter. With the cool mornings and warmer days, I would like to remind everyone about our uniform expectations.

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.

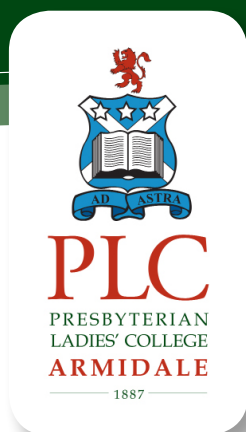
Skoolbag



A quick reminder that iPhone users must update their Skoolbag app to receive on-screen notifications of their daughter's sporting cancellations and other news.

If you are having trouble with the way the app is working, please contact me directly at dmoffitt@plcarmidale.nsw.edu.au





Annual

Grandparents' Day

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

Friday 2 September 2016

10.00am - 12.30pm at PLC Armidale

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

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

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



Educating successful women of tomorrow in a Christian environment.



Junior School News

*Ainslie Breckenridge, Head
of Junior School*

Homework

This Term the Junior School staff will be discussing homework structure and working towards formulating consistent stage approaches of homework expectations. Homework needs to be relevant, differentiated, independent and it needs to be consolidating what is being taught in the classroom. At PLC, our girls are also busy with many and varied extra curricular activities, these schedules also need to be taken into account when setting homework tasks. Over the next few weeks our teachers may be sending home different formats for homework as trials and we would very much like to hear any feedback you may have to these small changes. Please be assured that numeracy and literacy will continue to be the most important element of homework tasks. Thank you for your understanding as we work together to formulate what works best for your daughters.

Figaro

The Australian Opera comes to town on August 11 to perform their one-off Armidale performance of Mozart's 'The Marriage of Figaro' at Lazenby Hall. We have the following girls who have been chosen to perform in the Children's Chorus of the performance; Pip Constable, Naomi and Heidi Martin, Nina Breckenridge, Gabrielle Cotterell, Sophia Smart, India Smith, Chloe Davison and Lily Graham.

If you haven't already booked your tickets, please go to www.trybooking.com/LBCU or phone 67882137.

PSSA

Congratulations to the PSSA team who ran, jumped and threw at Armidale High on Tuesday. As usual your PLC spirit of sportsmanship shone through and you represented your school and yourself proudly. Thank you to Mrs Lucy Donaldson who managed the team and provided endless enthusiasm all the day.

Parking

Please don't park cars in the drop off zone outside the main building. There have been numerous complaints from staff and parents about parents who park their cars there and walk students into the building. The area is a designated drop off zone only. If you are asked to move along quickly as to help with the morning and afternoon traffic flow, please do so for the safety of others.



Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

Hockey/Netball

Hockey and netball are underway again for Term 3. It has been so great to hear all the positive reports that come back to me on how well the girls are playing and most of all, how much fun they are having. Despite some of the coldest winter Saturday mornings, there never ceases to be smiles on the PLC girls faces!

Holiday Netball

Congratulations to Nina Breckenridge and Lucinda Caldwell who represented the Armidale District at the State Age Netball Carnival in Wollongong during the holidays. They played an impressive 21 games over the three days! They both had a great time and learnt some invaluable skills.

Holiday Hockey

U13's New England Representatives

Rochelle Peet and Pip Constable – both Year 6, along with Emily Peet – Year 7 and Chelsea Thornton – Year 8 made the long journey to Wagga Wagga to play in the New England U13's representative team. They played 6 games in total over the three days, coming up against some very tough competition. Although a very long way to go, they had a fabulous time and played some really great hockey.



Kim Small Shield

Well done to the following girls who competed at the Kim Small Shield in Tamworth on the last weekend of the holidays:

Charlotte Portell, Keira Peet, Maggie Ryan, Chelsea Waters, Neve Daugherty, Holly Dauparas and Piper Starr.

The girls have all expressed what a great extended weekend of hockey it was and how much they learnt.

A special congratulations to the New England Mixed Team (Neve Daugherty, Holly Dauparas, Chelsea Waters and Piper Starr) who were awarded the *Barbara York Team Award* for great sportsmanship – what a great effort girls.

Well done to all the girls who represented our school so well over the holidays. We are very proud of you all.



Athletics

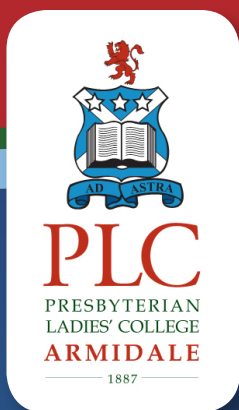
We are fortunate enough to have Jay Stone again for Term 3, providing some invaluable athletics skills sessions to our girls during Monday and Friday lunch times. We look forward to receiving the official results for the PLC team who competed at the PSSA Athletics carnival on Tuesday 2 August and to the upcoming IPSHA Athletics carnival on Monday 29 August. Good luck to all girls involved.



Above Left: Neve Daugherty in action at the Kim Small Shield Hockey Competition.

Above Right: Nina Breckenridge and Lucinda Caldwell at the Armidale District at the State Age Netball Carnival in Wollongong.

Left: Charlotte Portell with Hockeyroo Kate Jenner at the Kim Small Shield in Tamworth.



Annual Starry Night of MUSIC

To celebrate the music of PLC Armidale

Friday 2 September 2016

6.00pm - 7.30pm

Refreshments available from 5.00pm

Astra Arts Centre, PLC Armidale

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

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

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

Limited tickets will be available at the door



Educating successful women of tomorrow in a Christian environment.

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Music Notes

Deidre Rickards, Director of Strings

We had two In House concerts recently and many students sitting for AMEB exams took the opportunity to perform.

The preparation and presentation from these girls was most impressive. Our thanks go to Alison Dare, Mother of Jess and Sarah Hughes who organised a splendid supper between both concerts.

Laura Smitham	Cello	Sarah Hughes	Cello
Jenna Marquardt	Piano	Jessica Hughes	Violin
Syrana Glenn	Voice	Lily Graham	Voice
Maggie Ryan	Piano	India Smith	Violin
Isabella Post	Violin	Scarlett Loxley	Piano
Charlotte Thomas	Cello	Abigail Thompson	Cello
Lucy Quast	Voice	Emily Thompson	Violin
Elinor Warwick	Cello	Ragavi Jeyakumar	Piano
Clare Warwick	Cello	Pip Constable	Cello
Alex Wright	Violin	Shelby Philp	Voice
Dakotah Love	Voice	Isla Biffin	Harp

SENIOR STRING WORKSHOP

I was pleased that the AMEB examiner, violist Robert Harris was also able to spend time with the Senior string ensemble on Tuesday morning. He has a wealth of background with String playing and orchestral work and we enjoyed his contribution.

AUSTRALIAN STORY

I hope many of you were able to see the moving tribute James Morrison gave to Don Burrows during this week's Australian story. Don Burrows was our guest speaker in the late 90s at Speech day and played with our Stage Band as we presented a Count Basie number. Both of these men are great Australian jazz artists.

Armidale Symphony Orchestra Concert

I'd like to draw your attention to a special concert where Isla Biffin (Year 9) will perform a concerto with Nick Negerevich and the Armidale Symphony Orchestra at 3pm in Lazenby on Sunday 14 August. I'm sure you will enjoy the Mozart Concerto for Flute and Harp. The PLC community congratulates Isla on this achievement.



Robert Harris talking repertoire with senior string players.



Sports Snippets

Jason Browne, Sports Coordinator

The PLC netball and hockey representative teams travelled to Sydney on Thursday afternoon to compete in our first weekend in the IGSSA competition. After settling into the Hotel on Thursday night it was straight to bed ready for a busy schedule over the next two days. Friday comprised of a training session in the morning and games in the afternoon for all our teams.

The Junior Hockey team had two games on Friday night. The team got off to a nervous start against Loreto Kirribilli with a goal scored against them in the first two minutes of the game and unfortunately they were not able to score from their opportunities and ended up going down in their first game 1/0. Their second game against Roseville College on the night resulted in a tight 0/0 draw.

Saturday morning's first game was against Kambala and the team played extremely well for a 1/0 victory. Their second game on the Saturday was against Wenona and the team came away with a 2/0 victory. The players were absolutely exhausted after playing four games in such a short time frame and can be very proud of their efforts having to play against teams who only play one game on the weekend.

The Open Hockey team's first game was against last year's competition winners and our sister school PLC Sydney. The girls were completely dominant through the whole game and the score line did not reflect how one sided the game was. Most of the game was played in their attacking 25 and the team came away with a well deserved 1/0 victory. The teams first game on Saturday morning was against St Catherine's who were an unknown quantity as it is their first year in Division 1. The team played well to record a 4/0 victory. Their final game of the morning was against Frensham and the team recorded another 1/0 victory.

With this excellent start to the competition the two hockey teams are looking forward to their next weekend of competition and trying to earn a spot in the finals.

Thank you to our two coaches Kim and Emma and all the parents who provided an enthusiastic cheer squad on the sidelines.



IGSSA Netball

Shane Moffitt, Netball Coordinator

Two talented netball teams went to Sydney last weekend to take part in the first of two weekends away to compete in the IGSSA competition. After a training session at the impressive new venue at Netball Central, Olympic Park, players were ready to take the court against several schools from the Sydney area. The Senior Netball team played three matches under the guidance of Kirstie Fuller and captain Genevieve Walsh. The standard was high, as usual, in Division 2 and the Seniors struggled to match the opposition and finished with three losses. There were some standout performances in the face of adversity and perseverance even when the outcome was clear. They are determined to work hard in preparation for the next trip and will learn and grow from their experiences. The Junior Netball team have trained and prepared well for the trip and performed outstandingly. Captain Sarah Miron lead by example with energy and enthusiasm, leading the team to victory in all three of their matches. Two of those matches were won after the buzzer with an outstanding penalty shot from shooter, Mia Tindale. All players have developed over the season and they are a credit to themselves and PLC Armidale. Each player was focused and dedicated to playing their best netball. They encouraged and pushed each other to play to their greatest potential. Though the opposition was formidable, PLC Armidale matched each team in skill and overcame through determination, drive and diligence. Congratulations to all the girls for their outstanding display of integrity and spirit.

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NIAS Hockey Female Athlete of the Year

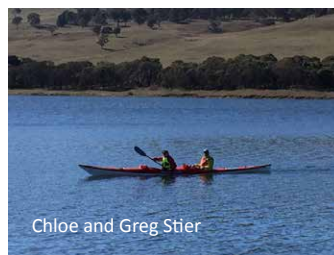
Year 10 student Sarah Askey, was last weekend named the Northern Inland Academy of Sport (NIAS) Hockey program's female athlete of the year after recently being invited to join the Under 18 Blues Hockey team at the National Titles in Launceston, Tasmania. Sarah was also joined by Year 9 student, Mia Emmanuel, who was selected in the Hockey NSW 2017 Accelerated Athlete Squad for 15-18 year olds. With only 60-80 athletes chosen across the state for this squad, to have two of them members of PLC Armidale is an incredible accomplishment.

Hawkesbury Canoe Classic 2016

We were treated to a glorious winter morning at Malpas Dam for our first training session for the Hawkesbury Canoe Classic. We have 7 crews this year, with 3 father/ daughter combinations. After an introductory briefing, all crews got out on the water and paddled around Malpas Dam, learning how to paddle in time with each other and steer the boat in the right direction. We are very lucky to have some incredibly dedicated fathers of current and old girls, Terry Bohlsen, Paul Cornall and Cam Banks, who went out in the speed boats to give paddling technique tips and encouragement to our girls.

It was also a great first session for our land crew parents, who helped out with getting the boats on and off the water and cooked up warming sausage sandwiches and mugs of milo for all the paddlers to enjoy when they finished their training session.

Looking forward to getting out on the water again next Sunday morning.



Chloe and Greg Stier



Ella Atkin and Grace Lehman



Brianna and Matt Robertson



Paige Jackson and Sophie Hanson



Boarding House News

By Larris Cleal and Kayley Morgan

IGSSA GIRLS



On Thursday afternoon last week our PLC Representatives of Netball and Hockey travelled to Sydney to compete in the IGSSA competition. Both the Senior Hockey team and Netball Junior team were undefeated in the three games they played. Senior Netball were defeated in all games, they had a tough time but now they know what they need to improve on for next time. The Junior Hockey team also played very well, coming away with three wins, a draw and a loss.

EKKA

In the early hours on Saturday morning, Saskia Kennett, Molly Trindal, Paris Whibley and Laura Hayes travelled to Brisbane to compete in Showing Cattle, Junior Judging and Whip cracking. We wish them all the best and safe travels for the week away.

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Christmas in July

We celebrated Christmas in July last Wednesday night and were treated to delicious christmas ham and turkey, singing jingles, dancing and presents. A truly fabulous night was had by all.

Entrées

This Term the boarders have been enjoying the option of having entrée instead of desserts. The girls really love it.

Welcoming new Boarders

In the boarding house we have two new girls that have joined this term Hanna Wu (Year 9) and Rose Dixon (Year 10).

We also welcome new Duty Mistresses Anne Johnston and Amelia Washbrook.



Our champion dressager Jorja



Goodbye Gabby Duty Mistress who had been with us for 18 months



Christmas in July



girls playing cards on the weekend



Secret Santa



Christmas in July



Dance fun at Christmas in July



HOCKEY NEW ENGLAND INDOOR HOCKEY REPRESENTATIVE SELECTIONS

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

U15 BOYS and U15 GIRLS

Saturday 20th August 2016, 6pm

U13 BOYS and U13 GIRLS

Saturday 28th August 2016, 6pm

U18 BOYS and U18 GIRLS

Saturday 28th August 2016, 7:30pm

PLEASE ENSURE YOU ARRIVE AT LEAST 15 MINUTES PRIOR TO START TIME.

SHIN PADS and MOUTHGUARDS MUST BE WORN.

INDOOR HOCKEY STICKS MUST BE TAPED

Michelle Constance, HNE Indoor Hockey Secretary

Phone: 0435 102 929

Email: michconstance@gmail.com

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

Listening

Is a Skill



Hearing or listening?

Hearing and listening are not the same thing. Hearing is a passive process, where noise stimulates receptor cells in the inner ear which send messages to the brain. Listening involves the brain actively processing what is heard and making meaning of it.

The process of extracting meaning from sound is also called auditory processing. Over a period of time, the brain learns to assign specific meaning to different combinations of sound, so that it can recognise the sound again next time it occurs.

To listen properly, you have to be able to tune out things which are unimportant - and tune in the sounds which have potential meaning. This takes a lot of practice, built up over the developing years of childhood.

Getting meaning from what you hear

Fluctuating hearing can interfere with this process. If hearing is not consistent during the critical language learning years, children may not develop the skill of filtering out background noise which interferes with your message.

They can't listen because they can't effectively use the hearing they have. This will be true, even when the hearing has returned to normal after prolonged middle ear problems. This may be described as a **central auditory processing disorder**.

This means that the child's ear and brain do not co-ordinate properly. It may be necessary to train your child to achieve skilful listening.

Remember that this is not a problem of motivation. They may want to understand what you say, but simply can't.

What you can do

- Make sure you have their attention before you say anything.
- Be close to them when you speak - ideally no more than two metres away.
- Maintain eye contact.
- Say it once in a normal voice. Check that the message has been understood by asking them to repeat it. Rephrase if necessary.
- Avoid the temptation to shout. This only distorts your message.
- Respond to your children when they talk to you, so they know you are listening to them. Children learn best from what they see their parents doing.
- Read stories aloud to your children and play music. These are both good ways of encouraging listening skills. Remember that the more exposure your child has to listening activities, and the more enjoyable they are, the easier it will be to develop the skill.
- If you are still concerned about your child's listening skills a visit to a Speech Pathologist may help. A Speech Pathologist will be able to assess your child's comprehension and give you ideas on specific areas that might need work. You can contact the Speech Pathologist at your local Community Health Centre.
- When your child starts pre-school or school talk to the teacher about the child's past hearing and listening problems.



Development and Enrolments

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



NSW Boarding Schools' Expo

The final Boarding Schools' Expo for the year was held at Narrabri last weekend. Many thanks to the many current and prospective families who visited the PLC Armidale stand over the two days.

It was our best Narrabri Expo yet with the greatest number of enquiries ever! A very encouraging sign indeed for the future of PLC Armidale. Our sincere thanks to the lovely Finney and Yu families for the delicious meals and company over the two days!

Official Opening of the Refurbished Science Labs at PLC Armidale (invitation only)

Next Friday, the four newly refurbished Science Labs at PLC Armidale will be officially opened. We are very fortunate to be hosting special guest, Professor Mary O'Kane, the NSW Chief Scientist & Engineer who will be delivering a short presentation. Following the official proceedings, our guests will view the new Labs, which will feature a variety of student work and activities. After school, there will also be an Appreciation Drinks to our many donors who have generously given to this project.

Should you not have had the opportunity to have a look at our refurbished facilities, please make a time to do so in the following weeks.

Agquip 2016

From August 16 to 18, the PLC Armidale Enrolments and Development team (Sally and I) will be promoting the College at Australia's largest agricultural field day, Agquip, near Gunnedah. As usual we will be situated in the bright orange Essential Energy building near the Shopping Arcade and we would encourage any current, prospective or past families to pop in and see us. You are also welcome to leave any of your shopping with us (within reason)!

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

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

Grandparents' Day and Starry Night of Music events this term

All families should have received their invitations to these two events on Friday 2 September. Please let us know ASAP if you have not received yours. We look forward to receiving your RSVPs please.

P&F News

Janine Ranck and Deb Hiscox, Co-Presidents

Welcome back to everyone for another busy term. Welcome to our new families who join our school this term.

The P&F provided a canteen at the Ben Venue Athletics Carnival held at school during the first week of term. Many thanks to all our families who donated food and who were able to help run the canteen throughout the day. A big thanks to our canteen coordinators, Donna Keeping and Kim Taylor for all their organising and running of the canteen.

The P&F Wish List items have just about been finalised. This is a very satisfying time for the P&F as we get to decide what projects our hard earned fundraising funds go towards to benefit our girls, the teachers and their time spent at PLC Armidale.

Throughout this term we will spend time planning and preparing for our major fundraiser next term, our bi-annual High Tea. This will be held on Saturday 22 October and we look forward to seeing many of you there.



The Marriage of Figaro

Mozart

A NEW PRODUCTION FROM OPERA AUSTRALIA

Sung in English
Performed with chamber orchestra
Directed and Adapted by Michael Gow

NATIONAL TOUR LEADING PARTNER

QBE

OPERA AUSTRALIA PRINCIPAL PARTNER

mazda

GOVERNMENT PARTNERS

Australia Council for the Arts

NSW Arts & Heritage

CREATIVE VICTORIA

OPERA CONFERENCE PARTNERS

O/A

Q

State OPERA

WEST AUSTRALIAN OPERA

ONE NIGHT ONLY

Thursday 11 August 7.30 pm,
Lazenby Hall, University of New England
Bookings: www.trybooking.com/LBCU
Phone 6788 2137



new england conservatorium

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Developing your child's social media scripts

It's important to start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around.

"If a job's worth doing, it's worth doing well."

This mantra always pops into mind whenever I'm about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they'll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their every day lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not

around. Here are some ideas to get you started:

1 "Is this worth posting?"

The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. 'Is this accurate?' and 'Is this worth posting?' are two valid questions children can ask when they read posts placed by others.

2 "Have you taken a big breath?"

A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. 'Think before you speak' is the type of message that every child should have in mind.

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The same applies to social media. Just because they think something doesn't mean they post it. 'Take a big breath' may just about be the most important message to give your kids about social media.

3 "Do you want the principal to see this?!"

An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4 "How does this post make you feel?"

We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they've calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people's minds when they haphazardly post a message.

5 "How will you fix this?"

Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it's fair that they fix their mistakes, and apologise. It's reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with **Galit Breen** author of **Kindness Wins** who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

Michael Grose



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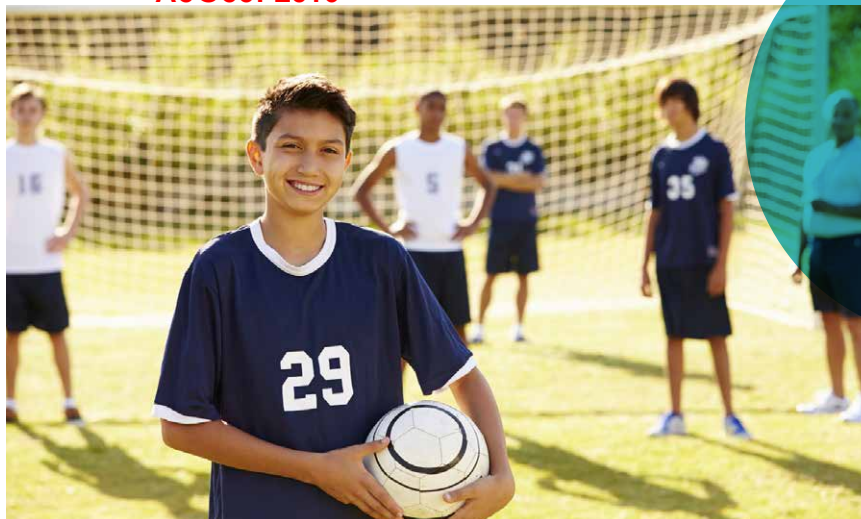
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