

# lion's roar

TERM 1 • 5 FEBRUARY 2016 • VOLUME 255



## From The Principal

*Mrs Nicola Taylor*

It was delightful to welcome staff, students and families back to the College in what is shaping to be a very busy and productive year for PLC Armidale. The Welcome BBQ, preceded by an information session for new students to the College was well attended and a good chance for families, girls and the staff to catch up in an informal setting. The whole school combined chapel /assembly last Thursday provided a context for a formal launch to the 2016 Academic Year. In my address, I shared the following staggering a staggering statistic from a 2015 United Nations report... Across the globe, 115 million primary school-age children do not have access to education,

the vast majority of them girls. Many more are under chronic threat of dropping out of school because of low education quality, discrimination and exclusion—as well as other challenges to development such as poverty, health epidemics and war. It was a timely reminder of the privilege to be part of a school community specialising in the education of girls with teachers who are committed to educate them well and families who have made schooling a priority in the family budget. With that privilege comes a great responsibility to make the best use of

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every opportunity ahead. As a learning community, our theme for 2016 is "Good...Better?...Best!". As a staff and with the girls, we will be exploring this theme by considering the good things happening at PLC Armidale, asking what could we do better? and aiming for evidence based best practice. As always, feedback from our parents and supporters provides a helpful perspective which we may not otherwise have. Please feel welcome to join in our events and activities throughout the year, to communicate with the College and to partner with us on the journey of Educating Successful Young Women of Tomorrow in a Christian Environment..Today.

We received news recently of the death of former PLC Armidale Principal, Mr Roderick West AM, M.A(Syd), B.B.(Long.), Dip Ed. (Syd.), F.A.C.E. Mr West was Head Master of Trinity Grammar School, Sydney from 1975 to July 1996. Mr West was Principal of PLC Armidale from July 2002 till December 2002. Mr West will be remembered as both an outstanding teacher of the Classics, and an inspiring leader in Christian Education.



## Curriculum Matters

*Trent Donaldson, Curriculum Coordinator*

### A Day at UNSW

Welcome to 2016, to those who have yet to meet me. My name is Trent Donaldson and I am the Curriculum Coordinator in the Senior School. My role is focused around the teaching and learning programs across Years 7 – 12.

If you have any questions regarding your daughter's academic needs please do not hesitate to contact me via email [tdonaldson@plcarmidale.nsw.edu.au](mailto:tdonaldson@plcarmidale.nsw.edu.au) or (02) 6770 1723.

The start of the year is always an exciting time for students as they establish procedures and goals to manage their academic workload.

The school diary and the Edumate student portal are two key tools that each student can use to manage their schoolwork and time.

Students should make a plan on how to complete tasks. Quite often this can be achieved by breaking the task up into stages. The girls should feel comfortable in asking their teacher or Year Patron for assistance with this.

### Information Evening

At the whole school information evening on Tuesday 16th February 2016. Part of this evening will be a session on how to use the parent portal through Edumate.

On this evening the school will provide an individualised fact sheet that will have each parent/carers login details.

### Parent Teacher Interviews

The format for Parent Teacher interviews is changing this year. We will be using an online booking platform for interview times to make the process smoother for parents

Year 12 & Boarders Parent/Teacher interviews will be on Wednesday 6th April 2016

Years 7 – 11 Parent /Teacher interviews will be held across two evenings, Tuesday 10th May and Thursday 12th May 2016.

### Examination week

Year 12 Mid-Course examinations commence in Week 10 of Term 1 this year.

## calendar OF events

5-20  
FEBRUARY  
2016

School Photographs Catch Up Day	5/2/2016
PLC Cattle Team to Tenterfield Show	5-6/2/2016
Boarders' Beach Weekend	5-7/2/2016
Bronze Duke of Edinburgh's Award Training	6/2/2016
Whole School Swimming Carnival	9/2/2016
Allwell Scholarship Applications Close	12/2/2016
PLC Cattle Team to Glen Innes Show	12-13/2/2016
Bronze Duke of Edinburgh's Award Training	13/2/2016
Whole School Information Evening	16/2/2016
SRC Election	16/2/2016
PLC Cattle Team to Guyra Show	19-20/2/2016

## Whole school SWIMMING CARNIVAL

Tuesday 9/2/16

Our Prek-12 swimming carnival is on next week and we are putting the call out to families for assistance on the day. If you would like to help in any way, please let Mr Jason Browne or Mrs Lucy Donaldson know.

We would really appreciate any help available.  
Thank you.





## Senior School Notes

*Anna Caldwell, Head of Senior School*

I wish to extend a warm welcome to all new and existing PLC Armidale families.

The term has started with an incredible energy and enthusiasm and it is lovely to hear the girls' happy, bubbly chatter around the College.

### New Staff and New Roles

This year has seen me take on a new role in the College, as Head of Senior School. My role is to ensure the smooth running of the secondary school and to this I am bringing a strong Pastoral Care focus.

My office is the first door on the left as you enter the Senior School and I invite any girl who would like to have a chat or who has a query, to pop in and say hello.

Please feel free to email me if you have any concerns or questions - [acaldwell@plcarmidale.nsw.edu.au](mailto:acaldwell@plcarmidale.nsw.edu.au)

It is lovely to welcome three new staff members to our amazing team this year. Mr Matthew Minter, our new Director of Music, Mrs Shane Moffitt who joins the HSIE Department and Miss Danika Blackburn, who is joining the Mathematics Department. Mrs Paula Goode has also taken on a new role this year as the Pastoral Care Coordinator.

There have been a number of exciting changes to the Pastoral Care Program of the College, and you can read about these in the Pastoral Care Conversations section of this edition of the Lions Roar.

### Recognising Leadership at the College

Our Welcome Assembly set the tone for the year, with the positive message of starting how you wish to finish. We celebrated our Year 12 girls, the leaders of our student body, with the presentation of their Year 12 badges. A mark of recognition of how far they have come and how important this year is in their educational journey at PLC Armidale.

Peer Support plays an important role in the College, particularly in helping Year 7 to settle into the Senior School. Our Year 11 Peer Support Leaders received their badges in assembly this week before heading off on Friendship Camp.



### Year 7 Friendship Camp

Our Year 7's have had a fabulous start to the year with their Year 11 Peer Support Leaders taking them under their wing. This week saw them all head off to Echidna Gully for Friendship camp where they had lots of fun, enjoyed challenging activities and ate lots of delicious food.

### Upcoming Events in the Senior School

We have an action packed term so please make sure you read the School Calendar which can be found on the school's website and also on Edumate.

### Student Representative Council Elections

Each pastoral care Year group will elect Student Representatives in Week 4. The girls will prepare a manifesto and present their speeches in Week 3 during their pastoral care sessions.

### Outdoor Ed @ PLC Armidale

Outdoor Education provides challenging experiences that help people step outside their comfort zone, discover who they are and develop their inner strengths. It provides the opportunity to work as a team and builds resilience, confidence, discipline and self-esteem. It involves experiential learning in the great outdoors.

This year sees our Outdoor Education Program grow, with the introduction of Outdoor Ed Camps for Years 7 and 8. For many years now, Years 3 & 4 have enjoyed camps at Lake Keepit and Years 5 & 6 have gone on camp to Myuna Bay. In the Senior School Years 9 and 10 have enjoyed the experiences of kayaking, tubing, abseiling, surfing and overcoming a fear of heights with high ropes courses at Nymboida, Barrington Tops and along the coast at Coffs Harbour. So it is high time that Year 7 and 8 get to experience the adventure and fun too!

Years 7, 8 and 9 will travel to Tweed Heads in Week 10 to work with the internationally recognised Outdoor Education company, Outward Bound. Outward Bound have partnered with The Duke of Edinburgh's Award Program, which adds a new and exciting dimension to our already successful program at the College.

During this Camp Week Year 10 will head to Canberra for their HSIE excursion and will enjoy the challenges of their Outdoor Ed Coast Camp in Term 4. Year 11 will remain at school for normal lessons and assessments and Year 12 will sitting their Mid-Course examinations.

### Travel Concession Cards

All students aged 17 or 18 are eligible to obtain a travel concession card for use on public transport. Students turning 16 will be eligible on their 16th birthday.

These cards are available at the reception office but must be collected and signed for by students. They remain valid for one year from 31 March. New cards for 2016 will arrive soon and students will be advised to renew their cards in the Daily Notices. 'Proof of age' cards are also available for 16 year old students who may appear older than school age.

### Uniform

I would like to remind parents and girls of the Uniform Policy. The uniform guidelines can be found in the student diary. The only jewellery that is permitted to be worn is a wrist watch and only one pair of either gold, silver or pearl small stud earrings. Girls must wear their hats and blazers whenever they are out of school grounds.

It is extremely important to teach our girls that this is not just a breach of uniform but speaks about their willingness to support the standards and values of the College as a whole and take pride in their appearance. When in uniform and out in the community, they are representatives of the College and the public see the girls as PLC Armidale girls. If they respect the uniform policy it shows that they respect the standards and values of the College. We appreciate your support in this matter.



## Music Notes

*Matthew Minter, Director of Music*

*Isla Biffin, Year 9*



During the holidays I attended The Australian Youth Orchestra's National Music Camp. It involved 220 young musicians (age 14 to 22) selected from all over Australia, and two weeks of very hard work - but the music-making was incredible, and such fun. We were grouped into two full orchestras and a small chamber orchestra. There were 2 harpists, one for each orchestra but most of the time we played together which was a new experience for me. The camp also included

everybody working in small chamber groups, where we got to play in a small ensemble of 3 or 4 musicians. We were fortunate enough to work with amazing tutors and conductors, as well as the two artists in residence, James Crabb and Genevieve Lacey. They are both incredible musicians, and we performed with them in the final concerts. My favourite work from the camp was a tango by Piazzola in which James Crabb conducted while playing the classical accordion. National Music Camp was an unforgettable experience and I would recommend it to anyone who has the opportunity to go.

Jess Tan and I are also preparing a report on the National Choral School.

### Other programs underway worth mentioning are:

All the musical ensembles from 2015 are continuing in 2016, with the addition of a Year Seven and Eight Choir for all students. The students will practice during one Music lesson a week in class and then will combine together with all of Year 7 and 8 with some volunteer supporters from the Senior Choir to form a very large and exciting choir to be ready for the Eisteddfod next term.

This year, the College is offering a brand new brass and woodwind program in the Junior School. Paul Marshall, a teacher from NECOM will be working with girls from Year 3 to 6 providing opportunity for them to learn a brass or woodwind instrument as part of a small group of students. The group lessons will take place either before school Tuesday, Period 3 Tuesday or Thursday lunchtime, according to the instrument being taught.

The program cost will be \$75 per term which includes instrument hire and tuition. The program focuses on tuition of the following instruments: clarinet, saxophone, trumpet, trombone and tuba. As places in the program will be limited initially a selection process will apply.

Mr Minter and Mr Marshall will be giving a presentation outlining the program to students in Years 3 to 6 next Wednesday 10th February, which parents are also welcome to attend. Mr Minter can also be contacted by email at [mminter@plcarmidale.nsw.edu.au](mailto:mminter@plcarmidale.nsw.edu.au) or by phone on 67701721.

The musical ensembles underway this term and the teachers involved are:

Senior Choir: Mr Minter

Year 7-8 Choir: Mr Minter

Year 3-6 Choir: Miss Rolfe

K-2 Choir: Miss Rolfe

Senior Vocal Ensemble: Miss Rolfe

Junior Vocal Ensemble: Miss Rolfe

Wind Ensemble: Mr Minter

Beginner Wind Training Ensembles: Mr Marshall

Recorder Consort: Miss Blackburn

Senior Strings: Mrs Rickards

Junior Strings: Mrs Rickards

As well as a number of chamber music ensembles.

The elective students in Year 9 and 10 are busily starting a unit on Harmony and Tonality, while the Year 11 students are commencing their unit of work on Renaissance Music. Year 12 are studying Australian Music of the past 25 years.

Mr Minter was also recently the recipient of a major award: He was awarded second place in the Golden Key International Piano Composition Competition with his work Soliloquy. This piece has been widely acclaimed now having earned recognition in two major competitions. Mr Minter has been invited to perform this in Vienna in August at the World Composers' Concert. He will be presenting it during the Information Evening on the 16th of February. Be sure to come along!



## Tech Bits @ PLC Armidale

*David Moffitt, ICT Integration*

The start of the year is very exciting for students at PLC Armidale, particularly those beginning to use their own computing devices in their classes for the first time. Our BYOT program, where every student from Year 5-12 brings a laptop or tablet to class, is carefully considered to compliment the delivery of subject content as well as enable the development of extensive technology skills for learning. In the younger years, students are using iPads that remain in their classroom, usually in group activities forming part of a holistic approach to learning.

Important considerations for this time of year include -

### Anti-virus software on laptops

All laptops need to have a commercial grade anti-virus software package that protects both your daughter's device and the integrity of the school network. Viruses typically cause the loss of access to saved work and stop students being able to complete tasks in class. Most of these packages cost less than \$100 and can protect your whole family from malicious files that are often picked up from email and video-streaming.

### Email and other software

We are assisting students connect to their school email addresses via Google and their Mail App on their device. Please ensure that students only send and receive school related email using their @student.plcarmidale.nsw.edu.au account. Most students will use Microsoft Office or Apple Suite (Pages, etc) for word processing and spreadsheets. A suitable alternative for laptops is the Google Apps (Docs, Sheets, etc). Give it a try as it is excellent for group work and collaboration.

### Internet Safety and Cyber-Bullying

At PLC Armidale, we have an integrated program of Digital Citizenship and Internet Safety. We understand that these devices give students unprecedented access to information and opinions that might be confusing or harmful. Our program, as part of our eSmart registration, is developed by Common-Sense Media and step students through such issues as Privacy and Security, Relationships and Communication, Self-Image and Identity and much more. I encourage you to check out the parent resources at Common-Sense Media for tips on managing screen time and online behaviour at home (or search "parent concerns" "commonsense media").

I will be working with Claire Robertson in the Junior School and Ross Gailer in Communications Management to ensure that technology is used effectively at the College. If you have any technology concerns, feel free to contact me at [dmoffitt@plcarmidale.nsw.edu.au](mailto:dmoffitt@plcarmidale.nsw.edu.au)



## Vaccinations

*Angela Pieterse, School Nurse*

I would like to wish everyone a warm welcome back to school, particularly new families. I will start the year with some information on vaccination provided by NSW HEALTH. Vaccination packs were given to students last week. Please return these as promptly as possible. Please do not hesitate to contact me if you have any questions regarding vaccination or any other matters on 6770 1760 or [health@plcarmidale.nsw.edu.au](mailto:health@plcarmidale.nsw.edu.au). NSW HEALTH has also provided a website that can be visited regarding vaccinations.

### VACCINATIONS

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered:

#### Year 7 students\*

dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose; varicella vaccine (chickenpox) as a single dose; and human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

\* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Consent form kits have been sent home to parents/guardians last week. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation)

To improve vaccination completion, students may be provided opportunity to catch up on any missed doses throughout the year, where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.



## Refuge and Strength

*Jen Leahy, School Chaplain*

Welcome back. I pray you have had a great break and are refreshed for the new school year.

I had the privilege of spending 3 weeks of my holidays running a Youth Conference for the Anglican Diocese in a little place called Rukungiri in southwest Uganda. I loved my time there and the team I was travelling with and helped lead. We were able to spend the first few days exploring a beautiful part of the country and seeing some amazing sights and then on to the conference, which was the main reason we were in Uganda. 237 young people, all keen to understand the Bible better. A beautiful place with beautiful people.

But, not all went as planned - so much so we started keeping a list of all the things that went wrong or changed. Now, I have to admit that there were times when I was a little worried and was honestly just waiting for the next thing to change. During those times, the words from Psalm 91 came to mind. Not surprisingly I found these words a great comfort and I am thankful that God brought these words to mind just when I needed them because it is about how to have hearts at peace during times of uncertainty.

These opening verses of the psalm offer the reader a place to find real peace and also says God is the place to find this shelter and peace. The psalmist uses two contrasting metaphors for God's protection and care: A fortress filled with shields and ramparts and a mother bird gathering her little ones under her wings. The first seems obvious - The fortress is an amazing picture of strength; protected from the outside and able to face any storm of life. But the second picture is very different but just as powerful. A mother bird protecting her young as she shelters them with wings that are essentially fragile. She shelters her young from burning heat or pouring rain or freezing cold, only by bearing them herself.

The Old Testament does not explain how this impermeable strength and sacrificial loving weakness could be combined with God. The New Testament does. It is on the cross where we see the absolute righteous power and the tender, sacrificial love of God combine and shine brilliantly.

I find this psalm so comforting and a great reminder that ultimately I'm not the one who is in control but there is a place where I can find peace despite the ups and downs of life going on around me. I am also so thankful that this is the foundation of our school, and that we can speak about the peace, refuge and shelter that Jesus offers us. I pray that as the year continues we as a school and as individuals will continue to lean and rest in Him

### Prayer for PLC Armidale

We will continue to meet each Tuesday morning 8:30-8:45 in the Junior School Library to pray for the need of our school. Everyone is warmly invited to join us.





## Junior School News

*Ainslie Breckenridge, Head of Junior School*

Our Junior School has started the year well and all girls have returned with big smiles, open to challenges and an enthusiasm for learning.

On behalf of all the staff and students, I would like to extend a very warm welcome to all our new students and their families to the PLC community. It is wonderful to see so many new faces and I thank those families for making PLC the educational choice for their daughters. They will certainly flourish and develop academically, socially and spiritually in our very unique environment.

The teachers and executive have been working very hard at planning and structuring the year ahead with the goal of providing the best possible quality educational experience for your daughters at PLC. We have made some minor changes to events so please keep an eye on the events calendar that appears in the Lion's Roar and I would also encourage you to read the Junior School Handbook to refresh your understanding of our procedures.

Chapel continues to be held on Thursday morning at 9am in the Astra Arts Centre. This is where the Junior School community can gather together to hear God's word and also to celebrate the girls' achievements for the week. If your daughter is receiving an award, her teacher should notify you so you can attend Chapel to watch her receive the award.

The afternoon shuttle bus service will continue from PLC to TAS this year. This service is available to Junior School students only. If you wish your daughter to catch the shuttle bus please contact Mrs Young at Reception for more information. The PLC shuttle bus will drop students in the officially designated "Bus Zone" in Douglas Street near the Brown Street entrance of TAS. Parents can meet the bus there or the girls can make their way through the Brown Street entrance into TAS and walk to wherever they need to meet their parents or guardians.

I have been very impressed how our girls have worn their uniforms with pride so far this term. This term we are strongly encouraging the girls to ensure they are wearing the uniform correctly and looking after their personal property. To help them achieve this goal, PLEASE label every piece of their clothing.

This year we are trialing the use of a school diary for all girls from K-6. The diaries are a useful tool in communication between home and school and also they assist the girls in learning how to plan and organize their time. For the older girls, it is also a way to become more independent and in control of what needs to be done and by when. As this is a new resource for our K-5 girls, please keep talking to your teachers about their use if it is confusing.

Once again I look forward to a wonderful year in the Junior School with inquisitive students and highly motivated teachers. After travelling for 6 weeks over the holidays to lots of different countries I realized that we are incredibly privileged and truly blessed to not only live in Armidale but to have our girls receive a quality education at PLC Armidale. Let's make the most of every day and every opportunity together.



## Junior School Sport

*Lucy Donaldson, Junior School Sports Coordinator*

Welcome to Term 1, 2016. We are looking forward to another exciting year of sport in the Junior School and encourage all girls to get involved!

### Indoor Hockey

Indoor hockey started on Friday, with teams remaining the same as they were in Term 4 last year (the competition continues on from Term 4). Please check the notice board for weekly draws.

### Basketball

Basketball will start on Monday, 15<sup>th</sup> February, which is Week 4. Games will be played at the Den (Armidale High School). There is a sign up sheet on the junior school sports notice board for anyone that is interested in playing. Further information regarding times will be emailed to parents prior to Week 4.

### NSW Country Athletics Championships


Congratulations to the very clever Sienna D in Year 5 who competed brilliantly at the NSW Country Athletics Championships in January. Sienna received bronze medals in the 100m, 200m and long jump as well as another bronze medal in the 15 years relay, where she was needed to fill in. An amazing achievement. Well done Sienna!

It is great to see such enthusiasm for sport such as shown in our Junior School. Not only do we have so many great athletes, but we also show an exceptional level of sportsmanship.



**\$65pp**  
Saturday February 13th

Tickets available from  
the Ex-Services Club



The Armidale  
Ex-Services Memorial  
Club  
6:30pm  
Formal Dress

Tour de Rocks  
**Masquerade  
Ball**  
2016

Don't own a mask? Buy one at the door!

Live music by Terra Firma!



## Boarding House News

*Margot Ball, Head of Boarding*

We welcome all our returning and new boarders and families to the Boarding House this year.

2015 drew to a close after a term of exams, sports finals and activities. The festivities started as the girls were starting to flag.

The very busy Term 4 culminated in the Boarder Christmas Celebrations where we hosted around a 110 boarders and parents - these numbers were even without the Year 12 cohort.

Our new leaders Zoe Swan, Freya Bartlett and Simone Foley had already taken over the reigns and made a significant contribution to the wellbeing of the students by the end of term. We look forward to continuing to work with them this year.

They will lead the Boarders Representative Council consisting of a representative from each year group who discuss social activities, maintenance, food and Boarding House routines. Some significant and sound changes have come about from think tanks by the 'BRC'

We held the new boarder orientation last Wednesday. New boarders and families arrived before 1pm, commenced unpacking and then attended an hour long orientation where I introduced our key staff who explained their particular roles. I spoke about important issues such as safety and security, how and when to communicate with boarders, phone and IT use, plus some procedures and routines of the Boarding House.

This was followed by a new initiative, with Sister Angela Pieterse speaking briefly to each family individually regarding their daughter's general health, and any treatment they may be having currently. During Term 1 Angela will join us for dinner each Wednesday night to help build strong bonds and trust with the boarders.

At 4pm all new students attended an orientation in the AAC, followed by the big BBQ at 5pm. This was an excellent opportunity for all the parents to meet each other, to ask questions and to experience the spirit of PLC Armidale.

As we approach the Whole of School Swimming Carnival we will repeat a very successful initiative started last year where we had a Boarding House marquee where boarders and parents can meet out of the sun and socialise together while enjoying the great atmosphere. We serve the boarder lunch there and provide icy cold drinks. We hope to see you at the Swimming Carnival.

### Staff

Margaret Latham and Christine Nichols continue in their roles this year. Margaret as Deputy Head of Boarding and Christine as House Mother.

We have also retained the majority of our Duty Mistress staff led by two very competent mature UNE students Caitlin and Paige. Caitlin, like Paige, does some Senior DM duties and often does House Mother shifts as well.

Jenna Humphries has returned after a spell studying overseas.

Paige is now our Prep Coordinator, entrusted with the task of overseeing Prep and helping the boarders achieve their academic goals.

Our main aim for 2016 is to assist all boarders to hone their study skills, enabling them to complete tasks well achieving the best outcome possible for them.

We thank the P&F for their contribution again which has helped purchase a Springfree trampoline for the boarders. The girls are very excited to get a trampoline.

### Coffs Harbour Beach Trip

Next weekend we will again take all the Boarders and staff to Coffs Harbour for a bonding and friendship camp. This trip is much looked forward to and all the girls have a great time. The Boarding House will be closed from 4pm Friday until 5pm Sunday.

### Other News

Boarder Parents: If you wish to view the boarder activity schedule and photos on our blog please email me and we will get you authorised to access the blog. This is a closed blog.

The Boarding House offers other services to the community like the **Extended Day Program** where day girls can stay in the boarding house after school, go to their school sports, have dinner and attend prep.

We also offer **Casual Boarding** where day girls can stay for a night, a week, a month, whatever is necessary. Forms are available on the website.

The year has started on a very positive note and we look forward to a very good year.



### Some of our new boarders

Emma, Sharnika, Shaunie, Abby, Laci, Annabel, Laura, Jorja, Saira, Olivia, Paris

## Foundation Report

*Brett Constable*

The Foundation welcomes all new parents to the PLC Community. The Foundation was formed to assist in securing the financial future of the school. Like many independent schools, PLC Armidale school fees are used to pay for the operating costs. The Foundation is therefore involved in assisting the school raise funds for major projects and upgrades, and to assist families with school fees by way of scholarship support.

The Foundation acknowledges the generous donations made from parents, old girls and the wider community. This support has helped fund the Astra Arts Centre, Science Lab upgrades, tennis courts, and acquisition of the primary school to name a few.

Donations to the Foundation are tax deductible and I would encourage you to support the Foundation fund raising activities and appeals where you can. Support can be way of electing to contribute to the Foundation on your fee invoice or to support fund raising appeals when they occur. Please do not hesitate to contact Shona Eichorn or myself should you wish to find out more information about the Foundation.





## Development and Enrolments

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



A very warm PLC Armidale welcome to all our new (and existing) families! It is wonderful to see so many new, happy faces and families choosing a PLC Armidale education for your daughters. From an enrolment perspective, we hope that your start at PLC has been easy. Should you have any queries about forms or payments, please contact Enrolments Manager, Sally McCook.

### Welcome BBQ

Thank you so very much to everyone who helped make the evening such a wonderful way to start the new school year! Special thanks to our Kitchen staff, Chef, Katie, along with, Bruce, Karen and Pauline, as well as the Maintenance and Support staff who helped set up.

### 2016 Scholarship & Open Day

Applications for Academic, Music & Visual Arts Scholarships are open until Friday 12 February. The annual Scholarship & Open Day will be held on Monday 22 February from 8.30am. As in 2015, the day will also feature an address by our Principal, Mrs Nicola Taylor, on why an all-girls' education at PLC Armidale, along with short presentations by key staff members. And whilst presentation may appeal more to prospective families, current families are more than welcome to come along as well as share in the morning tea which will be provided in the Hospitality Centre. Please pass this information on to others in the wider community.

Please contact Enrolments Manager, Sally McCook for more details.

### Community Partnerships

PLC Armidale has long been renown for its focus on community, partnerships and community engagement. Last week, PLC Armidale entered into a new three year Community Partnership with the Northern Inland Academy of Sport (NIAS) which will provide mutual benefits to both organisations. NIAS coaches were here at PLC Armidale last weekend for a "Coach the Coaches" presentation and professional development session. Over the next few years, our staff and coaches will have the opportunity to be involved with these programs as well. At the end of this month, the NIAS Netball Squad, with Coach (also PLC

# lion's roar

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Armidale Senior IGSSA Netball Coach) Kirstie Fuller, will be here for an intensive training camp, using our facilities and accommodation, staying in the Austin Boarding House. What a wonderful opportunity to showcase PLC Armidale in a very practical way, whilst assisting the region's premier organisation for talented athletes.

### Brand NEW Website to be unveiled this month

PLC Armidale is currently investing in the establishment of a new website, with a new look and feel. This website will be very much an integrated site for both current and prospective families, and will be the source of all truth for activities at the College. It will be launched at the Whole School Information evening on Tuesday 16 February.

### A New Addition to the Team

For the past two years, PLC Armidale's graphic design needs have been undertaken by consultant (and PLC Armidale Old Girl) Bronwyn Grills. It is my pleasure to announce that as of this week, Bronwyn has joined our team and will be working with the Admin staff for two days each week on various PLC publications and design projects. Welcome aboard Bronwyn (or should I say, "Welcome Back!").

### A story ...

Not long after New Year these holidays, there were very few people around at PLC Armidale, let alone Armidale itself, I bumped into an academic staff member here at school. I asked what was she doing back at school so soon and she mentioned that a young student had contacted her needing some help with a particular subject. Knowing she was in the middle of the big summer break, I asked why now, and she replied, "Because she asked."

That spoke volumes to me about the level of commitment, care and dedication of the staff at PLC Armidale and I just wanted to share it with you. How fortunate our girls here are to have such staff who go that extra mile for them without even blinking.

### And thank you.

Thank you to our numerous networks of PLC Armidale supporters. Your continued advocacy over the Summer vacation has been much appreciated.



Your girls can

*flourish*

at PLC Armidale



### SCHOLARSHIPS AVAILABLE

**2016 All Rounder & Boarding** - Apply NOW

**2017 Academic, Music & Visual Arts Scholarships** - Applications OPEN December 1

**Special Bursary available for Rural families in 2016**  
Talk to us before November 30.

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

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## Adventures in the Blue Mountains

*Anna Caldwell, Head of Senior School*

During the holidays a group of Silver and Gold Duke of Edinburgh's Award girls and one adventurous mum hopped on the train and headed south to Katoomba in the Blue Mountains for a week of hiking.

The Scenic Railway trip from Katoomba down to the valley, being the steepest railway in the world, was a fun and exhilarating start to the first day of hiking. From the base the girls walked along the paths that the miners took many years ago, then navigated their way across the rocks from the landslide around to the base of the Golden Stairs and then on to the Ruined Castle. Being intrepid fearless PLC girls, they all decided to take their own path down from the top of the Ruined Castle and had great fun sliding their way down one of the steepest routes possible!

Day 2 saw the girls hopping on a bus down to Jenolan Caves where they enjoyed a tour of the Chiffley Cave before starting the long walk back up hill to Katoomba. The caves were beautiful and we were treated to 'Silent Night' in the Madonna Cave, sung by Dakotah Love and Gold Awardee old girl Jessica Wright, who joined us on the hike as a supervisor.

The first section of the Six Foot Track is all up hill and is a mental and physical challenge. All groups worked together brilliantly and after only two deviations off track to check out the view, everyone made it into camp before dark and before it started to rain. The walking conditions of day 3 were perfect, cloudy and cool for most of the



way. This day was the longest heading down hill from Black Range to the Cox's River. The views were stunning and the spectacular colours of the cliffs of Katoomba grew nearer and nearer, giving everyone a sense of achievement of how far they had already gone and inspiration to keep on going to get to the end.

Cox's River was beautiful and the girls enjoyed a refreshing swim before setting up camp and cooking dinner. After a good nights sleep everyone was determined to be up and off walking early. We walked together to Sawtell's swing bridge, an adrenalin pumping start to the day for those who are not so keen on heights! From there the groups enjoyed the stunning views and varied vegetation as they made their way along Nellies Glen to the steps up to Katoomba.

The group finished the four day hike in style at the Explorers tree, exhausted but happy and looking forward to the hot showers at the YHA and delicious food at the many restaurants along the main street of Katoomba for dinner. We all hopped on the train on Friday morning and headed home to enjoy the rest of the summer holiday.



## P&F Report

We extend a warm welcome back to school to the whole College community. We are looking forward to a busy and productive 2016. We had a boardroom full of parents for our first meeting last week which is very encouraging. We welcome everyone to come along and hear about the goings on within our College. We also welcome any interested boarder families who would like to participate via phone link up.

### Contact Booklet

We will again produce a booklet which will be emailed to participating families and we will have the one booklet which covers all year groups from Pre-K to Yr 12. The Contact Book approval will be included in the College's standard collection notice which will be sent out very soon.

### Fundraising Events for 2016

At the end of last year at our planning meeting, the following events and year group allocations were decided:

#### Term 1

Whole School Swimming Carnival morning tea – Yr 5 & Yr 9  
Athletics Carnival canteen – All Yr Levels

**Term 2** Ben Venue & Duval Athletics Carnival canteens – All Yr Levels

**Term 3** Starry Night Concert – Contributions from all year levels Co-ordination by P&F executive

**Term 4** "PLC on a Plate"

We are embarking on a new fundraising event which we've never done before. We are holding a long lunch/dinner under the trees of the school driveway. At the moment this is in very early stages of planning and at the moment we aren't clear on the ideas and details but are about to embark on learning all we can about these sorts of

functions. The selected date is the weekend of 22nd/23rd October. This event will require all year levels to contribute to make it a successful event. This event will be our only notable fundraiser for 2016, so we are very keen and anxious to make it a success. If you have ever been involved in this sort of event, we would love to hear from you. If you have any ideas on how we can make money, besides ticket sales, please contact us. As this event grows in its planning, we will keep you posted on what we have in store. We will be asking for some form of contribution from each year level for this event. This will be communicated to you through your year level Liaison Parent and also the Lion's Roar.

### Clothing and Item Labels

As a small, on-going fundraiser, the P&F have purchased blank clothing and stick on labels which can be purchased from the Clothing Shop. The P&F receive a small profit from the sales of these labels. A big thanks to Mrs Notley in the Clothing Shop who will sell on our behalf.

### Supporters Gear

Supporters' jackets and caps are available from the Clothing Shop and we now have the addition of branded aprons. Jackets are \$110, caps are \$15 and the aprons are \$30. The P&F receive a small profit from the sale of each item.

### Helloworld Travel

Proprietors of Helloworld Armidale, Leigh & Paul McLennan, past-parents, kindly support a Loyalty Rewards Program with PLC Armidale. Please mention PLC when you book any travel with Helloworld and they will generously donate a percentage of those sales to the P&F.



## Sports Snippets

Jason Browne, Sports Coordinator

Welcome to 2016 and another packed year of sport opportunities at PLC Armidale students. Ms Beresford has the sports notice board full of sign up sheets for a variety of sports for Term 1. With Indoor Hockey and Touch Football, the season continues from last year.

For any new student who wishes to play either of these sports, please see Ms Beresford or Myself and we can allocate you to a team.

### Whole School Swimming Carnival

The swimming carnival is the first major sporting event for the year and this year we are having a combined carnival on Tuesday 9th February. The Carnival will take place at the Monckton Aquatic Centre. Please ensure that your daughters have a hat, plenty of sunscreen and school swimwear, which is available from the Clothing Shop. They are to be dressed in their Guild shirts and sports uniform to travel to and from the Carnival.

The 200m IM will be the first races of the carnival and these will commence at 9am. A bus is leaving school at 8.30am for students who are swimming in the 200 IM and for those who wish to warm-up. A sign-up sheet for this bus is on the sports noticeboard. If you are swimming in the 200IM you need to be on this bus as the buses that bring the whole school down will be arriving after 9am. If parents wish to take their daughters directly to the pool in preparation for the early start, please notify reception so they can mark the roll.

If there are any parents who are available to help out on the day, your assistance would be greatly appreciated. Please let either Mrs Donaldson or Mr Browne know if you can spare some time on the day.

The point score for each event will be as follows:

<b>1<sup>st</sup> Place</b>	<b>13 Points</b>
<b>2<sup>nd</sup> Place</b>	<b>8 Points</b>
<b>3<sup>rd</sup> Place</b>	<b>5 Points</b>
<b>4<sup>th</sup> Place</b>	<b>3 Points</b>
<b>5<sup>th</sup> Place</b>	<b>2 Points</b>
<b>6<sup>th</sup> Place and Beyond</b>	<b>1 Point</b>

### Early Morning Swimming and Gym

This term there are two options for early morning training this term. Millie Brissett is taken a group to TAS for Swimming on Tuesday and Thursday morning with the bus leaving the Boarding House at 6am. The sign-up sheet is on the sports notice board.

On Monday and Wednesday mornings, Mr Browne will take students out to Sport UNE where they can either swim, do a group fitness class or use the gym. Students will need to join Sport UNE. A range of membership packages are available from individual entry to yearly membership.

Timetables for group fitness classes and the pool can be found on the Sport UNE website: <http://sportune.com.au/timetables/>

Once a student has a membership they can use the facilities at anytime during opening hours. A year membership is \$460 for students and monthly direct debits options are available. The bus will leave the Boarding House at 5.55am as group fitness classes begin at 6.05am.

Day students can catch the bus back to school after gym and can get ready for school in Hilton Boarding House and have breakfast in the dining hall with a meal ticket.

The bus to Sport UNE will continue all year, swimming at TAS is in Terms 1&4

### Hockey and Netball Trials for Term 2&3 Sport

Hockey and Netball trials will take place during week 5&6 this term for the teams that will compete in the IGSSA competition in Sydney.

This year the selection process will involve a fitness test in the DKC and a skills session at HNE for the hockey players and in the DKC for the netball players.

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The beep test will be used for the fitness test and students should aim to achieve a score of 7.5 as a minimum level of fitness. The beep test can be downloaded from itunes if students wish to practise in preparation.

Students will be given a score out of 10 for the skills session and a score out of 10 from the beep test. These scores will be combined to give an overall score for each student.

<b>Beep Test</b>	<b>Points</b>
<b>7.5</b>	<b>5</b>
<b>8</b>	<b>6</b>
<b>8.5</b>	<b>7</b>
<b>9</b>	<b>8</b>
<b>9.5</b>	<b>9</b>
<b>10 +</b>	<b>10</b>

At the end of selection process if points are very close, individual student behaviour and attitude will be taken into account for the final selection process.

### Rowing

If there are any students who are interested in Rowing from Years 8&9 there will be a meeting on Wednesday lunch time at 1.35 in Room 1. Basic requirements will be: Join Armidale Rowing Club, be available to train on a Saturday morning at Malpas Dam and do land training in a gym two sessions per week.

## LUNCH SPECIALS - TERM 1

Monday 8/2	Hot Beef Roll with Gravy
Wednesday 10/2	Chinese Style Pork with Noodles
Friday 12/2	Penne Carbonara
Monday 15/2	Grilled Chicken Rolls
Wednesday 17/2	Beef Stir Fry
Friday 19/2	Ravioli with Napoli Sauce
Monday 22/2	Beef Burger with Caramelised Onion
Wednesday 24/2	Chicken Stir Fry
Friday 26/2	Chinese Style Beef Chow Mein
Monday 29/2	Chicken Slider Burgers
Wednesday 2/3	Beef Nachos Bake with Guacamole & Sour Cream
Friday 4/3	Mac 'n' Cheese
Monday 7/3	Hot Beef Roll with Gravy
Wednesday 9/3	Chinese Style Pork with Noodles
Friday 11/3	Penne Carbonara
Monday 14/3	Grilled Chicken Rolls
Wednesday 16/3	Beef Stir Fry
Friday 18/3	Ravioli with Napoli Sauce
Monday 21/3	Beef Burger with Caramelised Onion
Wednesday 23/3	Chicken Stir Fry
Friday 25/3	Chinese Style Beef Chow Mein





## Pastoral Care Conversation

*Anna Caldwell, Head of Senior School*  
**Flourishing with PC@PLC.**

Pastoral Care is highly valued at the College and is embedded in every lesson, every activity and every interaction that we have with each other. The Pastoral Care Program has evolved significantly over the last few years and in 2016 we are implementing a number of changes that strengthen our holistic approach to caring for all our girls.

We have a new Pastoral Care Coordinator, Mrs Paula Goode, who has created, with the help of the Embedding Excellence Student Wellbeing Team, our new Pastoral Care Program, called Flourish@PLC. This program focuses on developing Character Strengths, and stems from the research and work done by Martin Seligman, on positive education. This program is being implemented from Pre-Kinder right through to Year 12.

Our Pastoral Care Class structure has changed. Each year group is a Pastoral Care Class with a Year Patron, a Year Specialist and PC Support Staff assigned.

The Year Patron will progress through the school with one Year group, building and developing a strong relationship with the girls and their families. They will oversee the Pastoral Care and wellbeing for each girl in their year group. The Year Patron will assist with the development of the PC program specific to the needs of the Year group they are with.

The Year Specialist will remain on one particular Year level and will have a different cohort to oversee each year. They will assist with the development of the Year level specific program, information and activities appropriate to the Year level they are on. The Year Patron and Year Specialist are your first point of contact if you have any concerns regarding your daughter's wellbeing and progress at school.

The PC Support Staff add an extra level of care and support as they assist with both the Flourish and Year Specific Programs.

The school diaries are another layer of our PC@PLC and follow the weekly Character Strengths done in the Flourish@PLC program. There are Wellbeing and study tips and a Gratitude Journal section



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at the back. This year is the first year that all year groups from Kindergarten to Year 12 will have a School Diary.

In the Senior school, each Year Group now has it's own locker bay and PC Home Room, where they can meet each morning before their first class. Having these areas specifically dedicated to each year group assists with a feeling of belonging and gives them the responsibility of keeping their areas clean and tidy.

The Head of Senior School role has also changed to take on a more pastoral focus along with overseeing the day-to-day operations of the school for both the students and the staff.

Look out for our PC@PLC Conversations in each edition of the Lions Roar and the Parenting Ideas Articles that are written by Australia's leading children and positive education psychologists.



## Science Term 1 2016

*Jonathon Shumack, Science Coordinator*

The countdown is on! Our amazing, brand new Science Labs are looking fantastic and are very near to completion. We expect to be using them by Week 4 of this term and can't wait!!

Congratulations to Laura Tindale and Madeline Atkin who completed Science Summer programs in the school holidays. Laura attended the Honeywell Engineering Summer School in December and had a fantastic week in Sydney for that event. Madeline took part in a successful Industry Placement program during January as part of the UNE GRASS Scholarship program.

Term 1 is a busy one for those interested in opportunities beyond the classroom in Science. Below is a description of some of the upcoming events and application due dates:

From right now: TAS Forensic Science Camp applications are due and are assessed on a 'first come' basis, so if you are in Year 8 and are interested please ask Mr Shumack or Ria Kealy for more information.

Honeywell Engineering Summer School applications are also on a 'first come' basis so interested Year 11 students please see your teacher or talk to Laura Tindale about this wonderful program.

Year 10 has been registered to participate in the Australian Brain Bee Challenge during Week 8 this term. Miss Malby will talk you through the details in class. This is a great program with some rewarding prizes and follow-up events. (PLC Armidale placed 3rd in the State Finals in 2015!)

The Science and Engineering Challenge is on during Week 8 at the UNE. All of Year 10 traditionally attends this event; however, we will also have space for a select group of interested Year 9 students to attend this year. Please speak with your Science teacher if you would like to attend.

Applications for the University of New South Wales Science Competition (ICAS) and the 'Big Science Competition' are due in the last few weeks of Term 1. Please register your interest so that you can sit these papers during Term 2. There are lots of great prizes, follow-up events and awards on offer for doing well in these papers.

Applications for the Rotary National Youth Science forum open in Week 10. This is an excellent program open to Year 11 students. Please speak with your Science teacher for more information.

As you can see, there is plenty on offer this Term for our budding Scientists! Please take advantage of the opportunities on offer and if there is anything else Science related that you'd like to be involved in, please do not hesitate to ask your teacher about how you can make it happen!

# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## Make the most of this school year

Positive parent participation demonstrates to children that you value learning and their school in particular. Children copy many of their parents' views so your positive attitude to school and learning is catching.

Parental withdrawal from children's education is a big problem these days as increasingly parents are worn out from working too hard or being involved in a variety of activities.

But the message for parents is clear – become involved in as many aspects as practical in your child's education.

Their chances of success are better when kids see school as an extension of home rather than merely an institution for learning.

Positive parent participation demonstrates to children that you value learning and their school in particular. Children copy many of their parents' views so your positive attitude to school and learning is catching.

Make the most of the opportunities that schools offer to assist in the classroom including, hearing kids read, taking small groups in elective activities and assisting children when writing stories.

Parent participation is much broader than helping out in the classroom. Hearing young learners read, helping with homework and making sure kids go off to school

happy, healthy and with plenty of sleep are important aids to learning.

**Here are some more ideas to help you participate in your child's education in positive ways:**

- 1 Make sure your kids start each day well.** That means they should get a good night's sleep, have a healthy breakfast and arrive at school on time with all their learning requirements as well as a healthy lunch.
- 2 Attend school activities** such as open days, concerts, parent evenings, sports events and celebrations. Read the school newsletter and other forms of communication so you can stay in the loop with what's happening at your child's school.
- 3 Consult with your child's teacher** about homework expectations and practical ways that you can assist both at home and at school. Each teacher has his or her own expectations about how you can help so make sure you work within their guidelines.

**4 Find out** what your school is trying to achieve for your child and show your support for its aims. Support a broad, balanced curriculum that offers children a variety of educational experiences rather than a program that focuses narrowly on the traditional 3 R's. School discipline is always more effective when it's supported by parents so be supportive of their attempts to promote good behaviour in your child.

**5 Become an advocate** for your child's school and promote its positive features throughout the wider community. Encourage your child to take pride in their school through your example.

Positive parent participation in school and learning is a proven criterion for student success. One practical way to assist your child as a learner is to become actively involved in his or her school-life.

Michael Grose 



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



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



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## Tennis at PLC Armidale

Term 1 2015 – Starts Thursday 4<sup>th</sup> Feb

**Lessons are now being conducted both before and after school**

### 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.

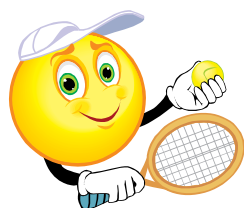
At this level we work with only 5-6 kids per coach and the lessons are only 30 minutes long.

Cost for this 8 week program is only \$88

Classes will be held:

Thursday 8:00–8:30am or 3:45–4:15 or 4:15–4:45pm or Friday 8:00–8:30am

Starting on Thursday 4<sup>th</sup> Feb



### 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 ¾ 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 7:30–8:30am or 3:45–4:45pm or Friday 7:30–8:30am

Starting on Thursday 4<sup>th</sup> Feb

### Future Champs Tennis

This program is for those that have played before. They must be able to rally and serve before entering this program.

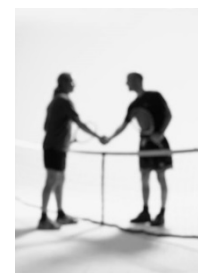
The program is a 60 minute session each week, with some time dedicated to playing a “match”. This “match” is themed based and the theme is the tactic used in the start of the lesson. This gives the children an opportunity to practice the tactic in a match without the pressure.

We use green low compression tennis balls in accordance with the international standards set by the ITF (International Tennis Federation).

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

Classes will be held: Friday 3:45–4:45pm

Starting on Friday 5<sup>th</sup> Feb



**Bookings are essential. Contact Peter Le Surf on 0417 957 982 or email [peterlesurf@optusnet.com.au](mailto:peterlesurf@optusnet.com.au)**

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