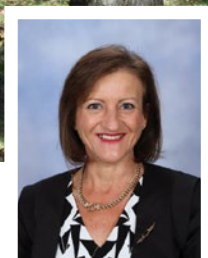


lion's roar

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From The Principal

Mrs Nicola Taylor

It is a delight to drive into the College each morning and see the beautiful array of autumn colours on the trees lining the driveway. The changing of the seasons provides a visible reminder of the rhythm of life with seasons of busyness, seasons of rest, seasons of challenge and seasons of growth. Conversations with students who may be finding things difficult serve as opportunities of reminding that after winter comes spring, out of adversity comes strengthening. Opportunities to congratulate girls for their accomplishments and achievements allow us to enjoy seasons of success. To this end, congratulations to the following girls and teams:-

- Isla Biffin Year 9 selected to play in the Opera Australia 60th Anniversary Concert
- Mia Emanuel Year 9- NSW Under 15's Hockey Team for her skillful goal keeping
- Brianna Robertson Year 11 - Overall winner of the Regional Rotary Public Speaking Competition
- Paris Whibley Year 8 - Under 16's Girls Whip Cracking Champion next to compete in the Queensland titles
- Stage 3 Hockey Team - undefeated at the National Primary Games
- Year 10 Brain Bee Challenge Grand Finalists (Georgia Breckenridge, Darcy Campbell, Amelia Newton, Mackenzie Wood)

Not to mention the following girls selected to be part of an Opera Australia performance in

Armidale later in August: Nina Breckenridge, Pip Constable, Gabby Cotterall, Chloe Davidson, Lily Graham, Heidi Martin, Naomi Martin, Sophia Smart, India Smith.

The diversity of talent and capability of girls across the College, their willingness to have a go, participate and represent their family, school and community is outstanding. This sense of community and civic mindedness was certainly on display at the Armidale ANZAC Day March and Commemorative Service. Thank you to those families and girls who were able to attend the various services held in the region as a mark of respect and chance to remember the willing service and sacrifice of those in our Defence Forces.

The Executive and members of College Council have spent time considering enrolment opportunities for girls who would add value and in turn *flourish* at PLC Armidale. In partnership with PLC Sydney we are establishing relationships with a particular group of overseas families who are desirous of a PLC education for their daughters seeing it as developing well-rounded, relational, competent and compassionate students at contrast to the educational outcomes in their home country. To explore this exciting opportunity further, the Dr David Lim (Chair of College Council), Dr Paul Burgis (Principal, PLC Sydney) the Directors of Marketing and Development (PLC Sydney), Mrs Shona Eichorn (Director of Development, PLC Armidale and

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I are travelling to meet with families in Hong Kong, Beijing and Shanghai later this month.

Finally, thank you to those members of the PLC Armidale community, Staff, Students and Parents who were able to take part in the data gathering exercise for the development of our Strategic Plan. Your input and insight has been invaluable.



Curriculum Matters

Trent Donaldson, Curriculum Coordinator

Parent Teacher Interviews

Parent Teacher interviews for day students in Years 7 – 11 will take place next Tuesday 10 May 2016 and Thursday 12 May 2016 in the Senior School Library.

Students received a booking form on Monday 2 May 2016. Please ask to see their booking forms and if there are any problems please contact me if there are any problems.

ICAS Examinations

This year students were invited to nominate themselves to participate in the ICAS examinations. An email was sent to the parents of those girls who nominated to participate in these examinations. If you didn't receive an email from myself and you would like your daughter to participate in the various examinations please have your daughter come and speak to me.

ICAS Examination Dates

Science – Tuesday 31 May 2016

English - Tuesday 2 August 2016

Mathematics – Tuesday 16 August 2016



Senior School Notes

Anna Caldwell, Head of Senior School

Welcome back to Term 2.

I trust you have all had a relaxing and rejuvenating break. PLC Armidale is such a vibrant place that never ceases to amaze with how much is going on.

This Term, although only nine weeks long, promises to be as action packed as ever with our Whole School Cross Country Carnival in week 2, The Eisteddfod, Naplan, MYAT, Concerts, Art Shows, winter sport and so much more!

Uniform

When we moved to Armidale we were told that Anzac day was the day you put on an extra layer and turned your heaters on, and this year this advice was spot on!

Winter Uniform will be worn during Terms 2 and 3. 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.

Eisteddfod

With the Music and Speech and Drama Eisteddfod's coming up, please remember to contact the school in writing (email) to notify of any /all absences from school due to performances.

Seat belts on Edwards Buses

An important message from Edwards Coaches and The NSW Government, Transport for NSW Rural and Regional Bus Services.

New buses for the seatbelt replacement programme start this Term for the following services: Warrane, Rockvale, Longford, Invergowrie 1 and Invergowrie 2.

It is a legal requirement that Students MUST wear a seatbelt now on buses that are fitted with seatbelts.

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calendar OF events

**7 to 20
MAY
2016**

New England Bach Festival - Senior Strings	7/5/2016
Father/Daughter Dinner Dance	7/5/2016
Mothers' Day	8/5/2016
Boarding House Mothers' Day Brunch	8/5/2016
NAPLAN Testing	10-12/5/2016
Years 7 to 11 Parent/Teacher Interviews	10/5/2016
PLC Armidale Performs	11/5/2016
Years 7 to 11 Parent/Teacher Interviews	12/5/2016
IGSSA Cross Country	13/5/2016
Year 8 NEMA Maths Day	13/5/2016
Senior School Social (Years 9 and 10)	13/5/2016
Boarding Schools Expo - Dubbo	13-14/5/2016
Eisteddfod Choir Night	17/5/2016
Eisteddfod Composition Workshop and Awards	18/5/2016
Years 5 and 6 Maths Olympiad	18/5/2016
Years 3 to 6 PSSA Cross Country	20/5/2016

Older students are asked to assist younger students with putting their seat belts on. If your daughter travels on the services listed, please discuss this matter with her and help the bus drivers with ensuring seatbelts are worn.

If students are noncompliant with the wearing of seatbelts, it will be dealt with as a matter of unacceptable behavior and students will be reported to the school Principal. Repeat offenders may have their travel on the bus suspended.

Click, Clack for safety. If you have any further questions please contact James Cross at Edwards Coaches on 6772 3116 or james@edwardscoaches.com.au

Senior School Social

There will be a Senior School Social for Years 9 and 10 on Friday 13 May. 7.00 - 9.00pm at TAS. Girls wishing to attend this Social need to notify their Pastoral Care teachers.

On the Friday evening, they are to meet at 6.45pm for Roll Call at the internal bus bay at PLC. An Edwards bus will transport everyone to TAS. The Social will end at 9.00pm and all girls will be transported back to PLC where they are to be collected by their parents/guardians at 9.10pm.

Please read over the Socials protocol in the School Diaries for behaviour expectations and dress regulations.



Building Student Learning Profiles

Deb Curkpatrick, Director of Student Learning Support and Extension

PLC teachers are committed to using a variety of assessment procedures to build learning profiles on individual students from Pre-K through to Year 12. Standardised testing in Reading and Spelling and a LIEN (Learning in Early Numeracy) assessment is administered for all students from K- 7. The data collected each year assists teachers in providing important support programmes and extension and enrichment activities for their students and an understanding of their students as learners.

This Year the school has introduced the MYAT for students in Years 5-9. The MYAT (Middle Years Ability Test) provides a measure of general intellectual abilities. It was developed by ACER (Australian Council for Educational Research) and is scored and analysed by ACER. The test provides an overall ability score in each of the following areas: Literacy, Numeracy and a non-verbal section which tests a student's ability to apply principles and rules to problem solving.

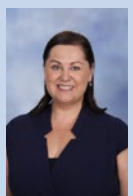
Students have completed the MYAT this week during normal class time.

NAPLAN 2016 will be held during Week 3 for students in Years 3, 5, 7 and 9 and provides teachers and parents with further data on individual students. NAPLAN is one test on one day so it is important that teachers use a variety of assessment methods in the classroom during the year to assess student skills. Parents received a letter last term outlining dates and details for NAPLAN.

Tuesday 10 May	Wednesday 11 May	Thursday 12 May
Language Conventions (Spelling, Punctuation and Grammar) Writing	Reading	Numeracy (Number; Algebra, function and pattern; Measurement, chance and data; and space)

Students in Years 7 and 9 will require a calculator for the calculator allowed section of the Numeracy test.

If you require further information on any of these tests please contact Mrs Breckenridge in the Junior School or Mr Donaldson in the Senior School.



Canberra Excursion

Kate Clynych, English Co-ordinator

PLC's dedicated and hardworking Year 10 students undertook an educational tour of our national capital during Week 10 of Term 1. Accompanied by Mrs Clynych, Ms Foster and Ms Leahy the intrepid group spent 4 days taking in the sights and sounds of Canberra. Students were given the opportunity to participate in a variety of educational programmes with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate programme towards those costs. The rebate is paid directly to the school upon completion of the excursion.

The excursion to Canberra was a wonderful cultural experience. Students visited many of the significant historical and political sites that are located in our capital; highlights included Parliament House, the Museum of Australian Democracy at Old Parliament House, the National Archives, the War Memorial, the Australian Electoral Commission, Questacon and the National Gallery. The Australian War Memorial was a particular highlight for students, as it included a private wreath laying in the Hall of Remembrance. Our accommodation at the AIS was excellent and the tour of the AIS facilities was a great insight into the lives of athletes, including those preparing for the upcoming Rio Olympics.

Students were especially interested in the workings of our national capital and were introduced to the intricacies of the Australian political and electoral systems. Despite the fact that it is a very long bus ride away from Armidale, Canberra provided a unique and interesting week for Year 10.





Junior School News

Ainslie Breckenridge, Head of Junior School

Term 2 is off and running and we have an exciting term ahead. Our Years 3 and 5 will be sitting the NAPLAN assessments in week 3. Mrs Creagan and

Mrs Matheson have been ensuring our girls are well prepared in how to take a test and have been using NAPLAN preparation to revise basic skills in literacy and numeracy.

Peer Support

Peer support sessions will take place this term in the Junior School but with a different focus, name and approach. We will still be adopting the multi-aged grouping system but this term we will be achieving different goals through 'Guild Gathering' times together. As the name suggests, our Guild Leaders along with Year 6 helpers will be conducting 3 sessions (weeks 6, 8 and 9) of multi-aged activities. These activities will include a tabloid afternoon, a problem solving session and the last week will be planned completely by the Guild Leaders. The sessions will be focused on leadership for the Year 6 girls, interesting activities that all members of a Guild can take part in, problem solving and reflecting on sessions together. Ms Ward has been working with the Year 6 girls leading up to the first session and helping them understand what leadership is and how to plan, carry out and assess a group activity. We look forward to seeing how this term's Guild Gatherings work out.

Uniforms

Please ensure your daughter is wearing the correct winter uniform this term. The girls must wear their blazer to and from school every day in winter. They are to wear their green ribbons and come to school with no nail polish on please and with either small studs or small pearls for earrings. This week in our Whole School Assembly, Mrs Taylor spoke of the importance of why we wear a school uniform and what it means and represents to us and to the wider community. Please help us uphold this by ensuring the uniform rules are adhered to.

Crest Road Parking

Thank you to those parents who have voiced their concerns regarding the pedestrian crossing on Crest Road. In the afternoon we have some parents who park in the no parking zone directly in front of the crossing area. Please do not pull into this area, it not only illegal but there have been quite a few near misses of parents and children who are crossing the road. Please park further down the road and walk back to the gate to collect your daughter.

Keep the date

Please make a note of Sunday 22 May in your diaries. We will be having a working bee on this day to help get some much needed jobs completed in our beautiful Junior School environment. It would be great to see you if you could spare some time on this day. More information will follow.

Armidale Region Girls Soccer

(MINIROOS)



Northern Inland Football Program for girls ages 5-12

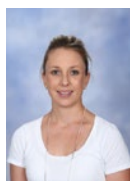
Starting Sunday May 15 at 10.30am for 16 sessions

Cost is between \$120-\$150

Please contact Armidale Region Girls Soccer on FaceBook or norm.lockett@gmail.com

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Junior School Sport

Lucy Donaldson, Junior School Sports Coordinator

Netball

The winter netball season has begun with the first round of games being played on Saturday, 30 April.

Trainings:

PLC Red (Primary 1 division) – Thursday lunch time

PLC Green (Set) – Wednesday lunch time

Hockey

Hockey also began on Saturday, 30 April and the Armidale weather was superb.

Trainings:

U9's (Cubs and Kittens) – Wednesday lunch time

U11's (Panthers) – Thursday lunch time

U13's (Lightning) – Thursday 4pm-5pm @ UNE turf

The weekly draws for hockey and netball will be posted on the official PLC website. Please check there to find out game times.

National Primary Games

Congratulations to our Year 5 and 6 hockey team who competed at the National Primary Games on the first weekend of the school holidays. They played a total of 8 games, winning them all and being the only undefeated girls hockey team. This great result made them the overall winners. A superb effort! Thank you to all the families who travelled to Tamworth and supported the PLC team. A special thank you to Kim Taylor who coached the girls and to Emily Peet (Year 7) who was a tremendous assistant coach.



Team: Mary Flannery, Amelia Wake, Naomi Martin, Heidi Martin, Pip Constable, Rochelle Peet, Makenzie Robertson, Catie Alcorn, Jenna Marquardt and Laura Smitham.

New England Representative Hockey

Congratulations to Pip Constable, Rochelle Peet and Emily Peet (Year 7), who have been selected in the U13's New England Representative hockey team. They will compete in Wagga Wagga over four days in June. Well done girls.

Athletics

PLC Armidale has joined a national school sporting program and as a result, Jay Stone will be conducting two lunch time sessions in Term 2 at PLC for the Junior School students. One session will focus on the field events and the other on track. This is a wonderful opportunity for the girls selected to represent the school at PSSA and IPSHA and will provide them with some extra skills and guidance in athletics.



STEM in the Junior School

Claire Robertson, Kindergarten Teacher

The Junior School has been a buzz with exciting opportunities in STEM so far this year. Pre-Kindergarten and Kindergarten are exploring the phenomenon of weather in their world. Year 1 examined the physical properties of different foods and how these can be changed. Year 2 delved deeper into studying the weather, the seasons and changes in the sky and landscape. Years 3 and 4 studied living things and Year 5 have experimented with electrical circuits in their energy unit. Year 6 investigated marvellous micro-organisms and how some are used for medicinal purposes.

Scientists in Schools

Kindergarten had the amazing opportunity to enhance their scientific studies through our schools continued engagement with the Scientists and Mathematicians in Schools (SMiS) program. It is a national programme managed by CSIRO providing skilled volunteers the opportunity to have a positive impact and make a difference to science, technology, engineering and mathematics (STEM) education in primary and secondary Australian schools.

Our SMiS partner, Mr Ron Bradbury from the University of New England, came in for three enriching science sessions. The sessions were planned in collaboration with the classroom teacher and were designed to enhance the scientific content within the regular teaching programme. Kindergarten engaged in hands on activities to explore wind, rainbows, mixing and separating colours and the most fun of all freezing cold temperatures. The girls loved seeing first hand what would happen to plants in extremely cold environments when Mr Bradbury brought in liquid nitrogen. Let's just say we had a smashing time!

Robotics Club

What a way to kick off the beginning of Term 2! There was no time to waste with our Junior School Robotics club having their first official session on the first day of school. We have had some Year 7 girls coming and mastering their programming skills during Term 1. It has been an amazing journey presenting many hurdles and problem solving opportunities along the way. It was very exciting to open the programme up to our Years 5 and 6 students at the end of last term.



The excitement in the library was infectious as the girls began by using their iPads to research and read about the First Lego League Robotics competition. Immediately, the girls were discussing the possibility of competing in the future. With some claiming it would be 'impossible' to build and program a robot. Cue the entrance of our Year 7 mentors, Sienna and Natalie to dispel this idea.

The robotics program gives girls the chance to learn basic coding and computational skills. It also enables opportunities for engineering, problem solving and peer teaching. Natalie and Sienna were able to share their expertise and demonstrate how our robotics club will make the 'impossible' a very exciting possibility.

We aim to develop the skills and expertise of our Year 5 girls to be able to continue the culture of sharing and peer mentoring to open up the programme to our younger students in the future.





Farewell to Katie in the Kitchen

Last term PLC Armidale farewelled our fabulous Chef from Catercare, **Katie Clarke**, who sadly is moving back to her home town in Victoria. We will miss her culinary delights and wish her well in her future endeavours.

Lunch Specials Term 2

Monday - 09/05	Lamb and Feta Wraps
Wednesday - 11/05	Thai Green Chicken Curry with Rice
Friday - 13/05	Beef Stir Fry
Monday - 16/05	Grilled Chicken Wraps
Wednesday - 18/05	Chinese Pork and Noodles
Friday - 20/5	Penne Carbonara
Monday - 23/05	Beef Burger
Wednesday - 25/05	Butter Chicken with Rice
Friday - 27/05	Classic Mexican Beef Nachos with Guacamole and Sour Cream
Monday - 23/05	Beef Burger
Wednesday - 25/05	Butter Chicken with Rice
Friday - 27/05	Classic Mexican Beef Nachos with Guacamole and Sour Cream
Monday - 30/05	Chicken Burger
Wednesday - 01/06	Roast Beef Roll
Friday - 03/06	Mac 'n' Cheese
Monday - 06/06	Lamb and Feta Wraps
Wednesday - 08/06	Thai Green Chicken Curry with Rice
Friday - 10/06	Beef Stir Fry
Monday - 13/06	Grilled Chicken Wraps
Wednesday - 15/06	Chinese Pork and Noodles
Friday - 17/06	Penne Carbonara
Monday - 20/06	Beef Burger
Wednesday - 22/06	Butter Chicken with Rice
Friday - 24/06	Classic Mexican Beef Nachos with Guacamole and Sour Cream



Mothers' Day Breakfast





Outdoor Ed @ PLC Armidale

Anna Caldwell, Head of Senior School

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 has seen our Outdoor Education Programme grow, with the introduction of Outdoor Ed Camps for Years 7 and 8. For many years now, Years 3 and 4 have enjoyed camps at Lake Keepit and Years 5 and 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 Years 7 and 8 get to experience the adventure and fun too!

Years 7, 8 and 9 travelled to the Tweed 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 Programme, which adds a new and exciting dimension to our already successful programme at the College.

During the week Year 7 built rafts and swam across dams, they completed a ropes course, went bush walking and enjoyed the exhilaration of the Flying Fox. Year 8 bush walked, mountain

biked, canoed and challenged themselves on a high ropes course. Year 9 experienced canoeing, abseiling and expedition style hiking which was very challenging and rewarding. This was the practice adventurous journey for the girls in Year 9 who have recently started their Bronze Duke of Edinburgh's Award.

For some girls this was the first time that they had slept in a tent, first time they had experienced the adrenaline rush with the high ropes activities and abseiling. The girls enjoyed three days disconnecting from technology and reconnecting with each other and their surroundings. They enjoyed the stunning scenery, star-gazing at night around the camp fire, and toasting marshmallows. Everyone stepped out of their comfort zone, physically challenged themselves and had a great week.

Quotes:

"I loved the fact that we had to overcome our fears to do exciting things and that most of the activities were challenging. I felt like I had accomplished something when I got home."

"I loved all the activities, but my favourite was sleeping under the stars! That was amazing."

"The camp taught me to never give up and to always try your hardest and I think learning new things and doing things I hadn't done before is what I enjoyed most at camp."

"The camp pushed me out of my comfort zone and pushed me to reach the top of the hill".

"I enjoyed hiking with friends, and playing games with our group. Being outdoors in the early morning and seeing the fog on the dam. Just beautiful."



Cancer Council's Biggest Morning Tea

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



Music Notes

Matthew Minter, Director of Music

PLC Performs

As part of the preparation for the Eisteddfod we are planning a concert, "PLC Performs". This will be held in Week Three, Wednesday 11 May from 6:00pm to 7:30pm at the Astra Arts Centre. We would like to take this opportunity to invite the family and friends of all our students to attend this concert, which will showcase the great work of the College ensembles so far this year.

The concert will feature the choral groups that include all students from Kindergarten to Year 8, so it would be greatly appreciated if this date could be pencilled in to the diary so we can have a full attendance on the night.

The Concert will also provide opportunity to raise funds for Anya Zuber's continuing treatment in Sydney. Entry will be by gold coin donation.

Armidale Eisteddfod

The Armidale Eisteddfod will commence on Tuesday 17 May and conclude with the Gala Concert on Sunday 19 June. PLC Armidale is heavily involved in the Eisteddfod with many individual entries as well as school ensemble groups.

Overleaf is a timetable of events that school ensembles will be involved in. These events all occur 17, 18, 19, 22 and 26 May and 7 and 8 June. Please note that some ensembles may be chosen to perform at the Gala Concert on 19 June.

Please be aware that if an event is held on a weekend or begins in the evening, it is day girls' responsibility to make their own way to the venue. Where applicable, boarders will be transported to venues by school bus. Please check the timetable carefully to see when these times occur and ensure that the girls arrive at the times stated overleaf. Estimated performance times have been included to assist parental involvement and convenience. They are a guide only and must not be relied on.

The cost for audience members range from \$1.50 to \$6.00 with season tickets also available.

Individual Eisteddfod Performances

A reminder to parents: if your daughter has entered the Eisteddfod as an individual, she must bring in a note in advance notifying the school as to the time and date of her event/s. The usual procedure for applying for leave for your daughter's individual events applies.

It is expected that students entered in individual events will make their own way to the Eisteddfod for their events.

All performers should arrive 15 minutes before the commencement of individual sections.

We are looking forward to some exciting performances and hope you can join us if at all possible.

Isla Biffin Harp Recital

Isla Biffin is auditioning for the World Harp Congress to be held in Hong Kong.

She will be competing against harpists from all over the world up to the age of 25. As part of her audition she will be presenting a 25 minute recital that will be recorded and sent to the panel.

This recital will be taking place in the Music room on Sunday 15 of May at 2:00pm. All welcome to attend.

Isla has also successfully been appointed as a professional harpist with the Australian Opera and Ballet Orchestra where she will be travelling to Sydney to perform in their 60 Year Anniversary Gala Concert (A major event for the Opera Company) during the last week of Term Two.

Congratulations Isla on these impressive achievements.

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New England Bach Festival

Deidre Rickards, Director of Strings

This Saturday, 7 May, the PLC Armidale Senior Strings Orchestra will perform the Brandenburg Concerto Number 3, as part of Armidale's national Bach Festival 2016. The performance begins at 10.30am sharp in Hanna's Arcade. Please come and enjoy the music!



Armidale Eisteddfod 2016

Date	Arrival Time	Event	Ensemble	Venue	Est. Perform. Time	Transport
Tuesday 17 May	9:00am	CH05	Treble Makers	Lazenby Hall	10:00am	Bus both ways
	9:00am	CH01	K-2 Choir	Lazenby Hall	10:45am	Bus both ways
	12:30pm	CH03	3-6 Choir	Lazenby Hall	1:45pm	Bus both ways
	6:00pm	CH06	Middle School Choir	Lazenby	6:40pm	Own
	6:00pm	CH07	Senior Choir	Lazenby	7:10pm	Own
	6:00pm	CH08	PLC Bel Canto Ensemble	Lazenby Hall	8:10pm	Own
	6:00pm	CH09	Senior Choir	Lazenby	8:40pm	Own
Wednesday 18 May	9:15am	CH04	3-6 Choir	OTC	10:30am	Bus both ways
	4:00pm	MC	Compositions	OTC	4:00pm -	Own
Sunday 22 May	1:00pm	EN15	String Quartet	OTC	2:00pm	Own
	1:00pm	ST73	Junior String Orchestra	OTC	2:30pm	Own
Thursday 26 May	12:00pm	ST71	Senior Strings Chamber Ensemble	OTC	1:00pm	Own
	12:00pm	ST72	Senior Cello Ensemble	OTC		Own
	12:00pm	ST72	Chamber Ensemble	OTC		Own
	12:00pm	ST70	PLC Middle School Orchestra	OTC		Own
	12:00pm	ST75	Senior String Orchestra	OTC		Own
Tuesday 7 June	8:30am	EN06	PLC Year Eight 1 Ensemble	OTC		Bus both ways
	8:30am	EN06	PLC Year Eight 2 Ensemble	OTC		
	8:30am	EN07	PLC Stage 5 Class	OTC		
	5:30pm	EN19	PLC Wind Ensemble	OTC		
Wednesday 8 June	9:00am	EN05	PLC Year 6 Ensemble	OTC		



Congratulations to Wentworth for being Champion Guild and winning the marching as well.

Wentworth	1405
Forrest	1195
Gregory	1161
Macquarie	1100

Thank you to all the Parents who attended the carnival to cheer on their daughters as they competed throughout the day.

Thank you to the P&F for providing the canteen.



Athletics Carnival

Jason Browne, Sports Coordinator

Congratulations to the following students for their success at the Athletics Carnival which was held on the last day of Term 1.

JUNIOR SCHOOL

	Age Champion	Runner-up	3rd
8 Years	Sophie Young	Elsie Wake	Macey Wake
9 Years	Charlotte Portell	Scarlett Loxley	Chelsea Waters
10 Years	Sienna Dellow	Catie Alcorn	Neve Daugherty
11 Years	Maddison McCook	Poppy Broun	Pip Constable
12-13 Years	Mary Flannery	Heidi Martin Amelia Wake	

SENIOR SCHOOL

12 Years	Sophie McRae	Pearl Rogers	
13 Years	Sharnika Hammond	Imogen Dellow	Laura Hayes
14 Years	Charlotte Caldwell	Lily Neilson	Eva Flannery
15 Years	Emma Ward	Gracie Martin	Lucy Quast
16 Years	Georgia Breckenridge	Mackenzie Wood	Sarah Askey
17 Years	Emma Barnier	Tara Price	Sarah Evans
18 Years	Clare Askey	Sophia Bohlsen	Madeline Atkin

Congratulations to Sienna Dellow and Gracie Martin for winning the 100m Champion of Champions race for the Junior and Senior School at the end of the carnival. Sienna also broke two records for her age group in the 400 and 800 metre events.





Chaplain's Chat

Jen Leahy, School Chaplain

KYCK

On the first week of the school holiday, Ms Leahy, Mrs Moffitt and Mr Moffitt accompanied a group of students from Years 10, 11 and 12 to attend KYCK (Katoomba Youth Christian Convention) in the Blue Mountains.

The group had a great time together looking at the book of Colossians with the 2000 other high school students in attendance. We were reminded about key truths of who Jesus is and what he said and were encouraged to find real meaning in life because of their identity in Jesus. We also learnt a memory verse- Colossians 1:15-16 to the tune of Justin Bieber's "Sorry".

The girls will be sharing about their time away in an upcoming chapel.

Thank you to Mr Moffitt for being an amazing chef during our time away - your stir-fry was amazing. Thank you to those of you who were praying for us during our time away. The students are already looking forward to KYCK 2017.



Boarding House News

Tara Price

It was a very busy holiday for all the girls in the boarding house. There were a number of adventures whether they be on the sporting field, out on family properties, getting in touch with nature, with a bit of camping and catching up with friends from home. Paris Whibley had a particularly spectacular holiday where she faced some tough competition in the under 16 girls whipping cracking at Moree Show. Age was not a worry for the Year 8 student who ended up winning the event and has now been invited to perform at the 2016 Queensland titles. Additionally, Emma Barnier competed fantastically at the State Gymnastic Trials, winning level 7 vault, placing in the top 6 for all her apparatus and overall only missing out on the national team by one place. Julia Chambers competed in a dressage competition, and Zoe Swan played lots of horse ball.

Everyone was busy catching up with friends and family and recuperating in preparation for a busy term ahead. Last weekend there was a flurry of activity preparing for Mother's Day, there was lots of card making and cake baking. The Years 11 and 12 are also very excited about the upcoming Father Daughter Dinner Dance. Last Sunday the boarders went down to St Pauls and enjoyed a lovely church service. Thank you to Isobel Moore and Freya Bartlett who read wonderfully.

The term ahead although short is sure to be jam packed and full of activities, with the BRC currently preparing a great theme night which is sure to be loads of fun!





Development and Enrolments

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



Welcome back everyone! And particularly a very warm welcome to our new students and their families.

Boarding Expo – Dubbo next week

PLC Armidale will again be exhibiting at the annual Boarding Schools' Expo in Dubbo next week, 13 and 14 May. So, should you have any family or friends in the Central West who may be interested in a PLC Armidale education for their daughters please let them know to drop in to the Civic Centre as Sally and I will be there! We would also like to catch up with any PLC Armidale Alumni who are in the area.

2017 All Rounder and Boarding Scholarships – Round Two NOW OPEN

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

China Visit

As Mrs Taylor has outlined earlier, we are travelling to China on 20 May with representatives from PLC Sydney, where we will host a number of events and meet with various families. We have extended an invitation to contacts on our database in the Asian region to attend any of our events in Shanghai, Hong Kong and Beijing. The invitation has also been attached to this Lion's Roar, so that if you have any family, friends, contacts or colleagues in any of the areas, please let them know that they would be very welcome and should make contact to RSVP.

Green Tartan Publication

Our bi-annual magazine, the Green Tartan is currently at the printers and will be distributed (both in hard and digital copy) by mid next week. Many thanks to our hard-working graphic designer Bronwyn Grills for her amazing design efforts.

PLC Armidale Facebook

Those who are new to the College may not be aware that PLC Armidale has an official Facebook page. We'd encourage you to visit our page, LIKE US and share the various news items with your family and friends.

Experience Days / Nights for prospective students

It is that time of year again when lots of girls and families are booking in their Experience Days/Nights for enrolment in 2017. Should you know of any one who is interested, please let them know to get in touch with Sally McCook, our Enrolments Manager as soon as they can.



IGNITE . . . the final spark!

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

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

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

For more information about the IGNITE, please contact Director of Development, Shona Eichorn on development@plcarmidale.nsw.edu.au



PLC SYDNEY AND PLC ARMIDALE IN CHINA

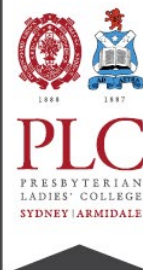
DR DAVID LIM, Chairman of College Council
DR PAUL BURGIS, Principal of Presbyterian Ladies' College, Sydney
MRS NICOLA TAYLOR, Principal of Presbyterian Ladies' College, Armidale

WARMLY INVITE YOU TO

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

INTERNATIONAL COCKTAIL RECEPTIONS

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



CLICK FOR MORE
INFORMATION
AND TO REGISTER

Thank to you the many parents that came out to our Term 2 meeting last Thursday. Your support and contributions are always welcomed and appreciated.

As discussed at the meeting, the P&F have had a change of plan due to a number of reasons and have decided to run 2 fundraising events this year instead of one big event. The events will be a Trivia Night which will be held on Friday 17 June and the High Tea which will coincide with the Old Girls weekend on Saturday 22 October. Planning for both of these events are underway so please keep an eye out for emails from your year level Liaison Parents asking for help or donations.

We are always grateful to our families who support our fundraising events and share in the PLC community spirit by becoming involved and enjoying other's company at these events.

Canteen

We will be providing a canteen at the Duval High School athletics carnival on Thursday 19 May. We will be asking for helpers to run the canteen and for donations of food. An email will be distributed to let you know when and how you can help soon.

Supporter Jackets

Now that the cooler weather is upon us - remember to call in to the Clothing Shop for a PLC Supporters' jacket, available for just \$110. They really will keep you warm on those sporting sidelines over the coming winter months and they look great too!



Hockey New England

2016 REPRESENTATIVE TEAM SELECTIONS

2016 NSW STATE CHAMPIONSHIP CALENDAR

Championships	Date	Location
OPENS MEN FSC	11-13 JUNE 2016	Moorebank Hockey Complex
OPENS WOMEN FSC	11-13 JUNE 2016	Macarthur Regional Complex

Expressions of Interest are open to be submitted.

Please include: Name, DOB, email, mobile phone number & club.

Expressions of interest should be forwarded to:

Fiona Porter (HNE Representative Selections Coordinator)
fionaporter@bigpond.com



Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator

'imagine for yourself a character a model personality whose example you determine to follow in private as well as in public' - Epictetus

This term we are continuing to explore the VIA Character Strengths during our Thursday Pastoral Care - Flourish sessions. When students have been made aware of and understand their own strengths they are able to participate and discuss issues from positions of strength, which can overcome the following situations:

- 21st century students crave for a sense of acceptance from their peers as the main way to build their self-esteem.
- often, they are more comfortable doing what they know is not the best for them to protect their social connectedness.
- unfortunately, this often means students are reluctant to leave their comfort zones to explore other ways of thinking

Again, other Pastoral Care sessions focus on Digital Literacy and Citizenship during weeks 5-7. Four sessions of Global Perspectives have been scheduled to ensure the girls have got their finger on the pulse of current affairs. Time is also allocated to SRC class meetings and reporting, as well as Vertical Guild time, time to connect the guild members and raise guild and school spirit.

Much of this learning during the Pastoral Care programme takes place in group-learning situations and this is seen as an effective way:

- to harness and value a wide range of abilities, points of view and attitudes to issues.
- for students to combine their top strengths
- to gather input from all students
- for students to experience "peer" learning and feel valued for their views and ideas
- to cultivate collaborative and interdependent habits through attentive and empathetic listening

Keys to a well functioning group are :

- a valuing, tolerance and acceptance of individual differences
- they have two ears and one mouth and as such should listen twice as much as they talk.
- a clear set of agreed expectations to operate by for the group
- not a group of similar thinking clones.

Over the next few weeks Character Strengths such as leadership, humility and prudence will go hand in hand with positive actions and emotions, the wellbeing builders from their school diaries (www.learningcurve.com.au) on teamwork, accepting challenges and tackling them, as well as emotion spotting and looking into building resilience to various situations. It's all about broadening social connectedness, building relationships and optimism. This is essentially about instilling in our school's community members a belief that they and others matter and we should be striving, thriving and flourishing.

Parenting *ideas* INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Don't threaten, bribe or deal – breathe & act

Five great discipline habits to add to your parenting repertoire.

Getting kids to cooperate is tricky. One method doesn't necessarily fit all children so as a parent or teacher it helps to have a broad repertoire of responses to draw on when kids are less than perfect or you want more cooperative behaviour.

Disciplining a child can also make many parents feel decidedly uncomfortable, as it doesn't generally fit an idealised picture of parenting that many of us may have. Discipline is about helping kids stay safe, become social and also be savvy and astute when they interact with others, which makes discipline a positive and very necessary part of the parenting process.

Bad discipline habits

Unfortunately, it's easy as a parent to develop bad habits to get cooperation from kids. For instance, it can be easier to offer a simple bribe such as *"I let you use my iPad for 10 minutes if you can be quiet in the back seat of the car"*, rather than

battle with kids for their cooperation. This type of bribe can work wonders to get some peace and quiet and is infinitely better than engaging in a slanging match while you're driving. Well, it may seem that way!

However, it's easy for both parents and kids to become hooked on bribes. As a parent you can easily fall for the trap of offering a bribe to induce good behaviour because it often works. A child learns to cooperate on his terms and soon learns to think, *"What's in this for me?"* Soon kids learn to wheel and deal to get better terms so today's 'quick 10 minutes on an iPad' becomes tomorrow's shiny new piece of technology bought in return for cooperation. Bribery and dealing almost always escalates in scale. The stakes rarely get smaller.

Similarly, idle threats of withdrawing co-operation if a child won't behave well soon fall on deaf ears as kids have a built-

in radar for knowing if a threat is real or not. *"If you continue to argue with your sister I'll cancel your birthday"* is the sort of threat that many of us have made in desperation just to get some peace and harmony at home. Again, threatening all types of dastardly consequences can become a habit, particularly when we don't have many other options at our disposal to get better cooperation.

Most of us will default to our lowest level of skill when we are tired, stressed or under pressure. When a child yells, *"I hate you! You never listen to a thing I say"* just when you're trying to get her to bed you're likely to return fire in spades. *"What do you mean I never listen to you! I always listen to you. You never..."* and away you go chastising a child in a way that only exacerbates her lack of cooperation.

more on page 2 >>



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



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Parenting *ideas* INSIGHTS

Building parent-school partnerships

... Don't threaten, bribe or deal – breathe and act ...

Good discipline habits

So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature.

Here are five good discipline habits to develop:

1 Avoid the first impulse so you don't overreact

A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children's poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can't follow through with.

2 Step away and take a breath to gain control

When you feel annoyed, angry or hurt by a child's misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps you respond more effectively when kids misbehave.

3 Lower your voice to be heard

Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even

cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

4 Move toward them to be noticed

Moving into children's space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation is generally worth it.

5 Use a consequence to teach

Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive kids. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children's misdemeanours and that are respectfully delivered are effective in teaching children to behave responsively. The trick is to deliver them like a neutral cop – cool, calm and with not too many words.

Good habits are best developed in low or no stress situations so if you'd like to add any of these ideas to your parenting repertoire start putting them into practice in every day interactions with your children, so that they become second nature when you really need some cooperation from your kids.

Michael Grose



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



parentingideas.com.au

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An invitation to

PLC Performs

This very special event is a prelude to our 2016 Eisteddfod performances and a fundraiser for Year 9 student Anya Zuber, who is undergoing further treatment at Westmead Children's Hospital.

We hope you can join us

Wednesday 11 May 2016

6.00pm - 7.30pm

Astra Arts Centre

PLC Armidale

Entry by donation

ALL GIRLS PRE-KINDER TO YEAR 12.

BOARDING FROM YEAR 5.

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