

# lion's roar

TERM 4 • 9 DECEMBER 2016 • VOLUME 273



## From The Principal

*Mrs Nicola Taylor*

A theme we have considered as staff across the College this year has been "Good! Better? Best??" This has required us to identify the good things at PLC Armidale, the things we do well and differentiate us as a College. In addition, each member of staff has been asked to reflect on what could be done better and as a collective, what is best practice and how do we know! Using data to inform decision making, whether connected to teaching and learning or the business operation of the College ensures that a change in practice or process is not simply change for change's sake.

A focus on "Good! Better? Best??" has been linked with the development of the revised College Plan which will be launched with our parent community in 2017. This has involved a review of a number of areas of our operation including our IT systems and services for IT, a review of our structures for Sport and more recently a review of the faculty organisation in the Senior School. Following an internal restructure of faculty leadership positions and to make more explicit our focus on teaching

and learning across the College, we have aligned subject specialists according (wherever possible) to a core academic discipline. This allows us to maximise opportunities for curriculum alignment to strengthen the key conceptual connections across subject areas which facilitates the transference of learning and improved student comprehension.

Commencing in from 2017 an Academic Leadership Team comprising of two core faculties overseen by the Head of Humanities and Head of STEM respectively. These new roles have been strengthened in terms of scope of responsibility as they are leadership roles, not merely administrative or managerial ones. In addition, Music and Sport fall under the leadership of a Director of Music and Director of Sport given the broad scope of co-curricular responsibilities in each of these positions.

With a significant review of the HSC proposed for implementation from 2018 and the continued roll out of the National Curriculum, a new role of Faculties

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Coordinator has been incepted. This position will provide academic support to all faculties focused on the logistics, administration and compliance framework connected with teaching and learning. These three positions, will report directly to the Head of Faculties previously known as the Curriculum Coordinator.

From 2017 the Academic Leadership Team working closely with the Principal and

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continued from Page 1...

respective Heads of Junior School and Senior school will consist of the following...

Head of Faculties: Mr Trent Donaldson  
Head of Humanities: Mrs Katherine Clynh  
Head of STEM: Mr Jonathon Shumack  
Faculties Coordinator: Mrs Robyn Hadfield

In addition to earlier announcements about staff joining the PLC Armidale community next year, We also welcome the following staff who have been appointed to positions within the College next year. Mrs Alison Dare, Librarian, Mrs Susanne Dowling Junior School Teacher, Mrs Kirsten Hey, Junior School Teacher.

Thank you for the support shown to the College throughout the year by members of our past, current and future parent group. The demonstration of the strength of the PLC Armidale Community community was especially evident this week at our end of year College events. From a packed cathedral for Carols, a full house for Speech Day and standing room only for Guild Drama it has been a fitting end to a busy yet rewarding year.

May each PLC Armidale Family enjoy the love, joy and peace of Christmas this festive season.



## Clothing Shop Opening Hours during Christmas Holidays 2016/2017

*Mrs Alex Notley, Clothing Shop*

*Manager*

The Clothing Shop will be closed from Thursday 8 December 2016, until Thursday 19 January 2017.

Operating hours will be as follows:

**The week before school returns:**

**Thursday 19 to Friday 27 January 2016**  
**(Closed Thursday 26 – Australia Day Public Holiday)**  
9.00 am to 4.00 pm (closed 12-1pm)

**1<sup>ST</sup> WEEK OF SCHOOL**

**Monday 30 January**  
8.30am – 4.30pm (closed 12-1pm)

**Tuesday 31 January**  
8.30am – 4.30pm (closed 12-1pm)

**Wednesday 1 February**  
Closed

**Thursday 2 February**  
8.30am to 4.30pm (closed 12-1pm)

**Friday 3 February**  
Closed

**Normal trading hours will commence on Tuesday 7 February, and are as follows:**

**Tuesdays**  
8.30am to 4.30pm (closed 12-1pm)

**Thursdays**  
8.30am to 4.30pm (closed 12-1pm)

All the very best wishes to you and your families for the festive season.

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## Senior School Notes

*Anna Caldwell, Head of Senior School*

Well we are now at the end of what has been an amazing year and I am sure everyone is looking forward to a well-earned rest.

Wishing you all a safe and happy Christmas and I look forward to more fun and adventures with you next year!

### Looking ahead to 2017

Term 1 2017 starts on Monday 30 January with a Staff day followed by our Welcome BBQ and all students starting school on Tuesday morning.

The girls are to wear the full Summer Uniform for Term 1. Girls are to wear their hats and blazers to and from school everyday and when they are in town.

We will hit the ground running with a Welcome assembly followed by Pastoral Care time and classes. Year 7 Friendship camp will be on Wednesday and Thursday in week 1, with all our Year 11 students attending to assist with the running of the camp. School photographs and our annual whole school swimming carnival will be held in week 2.

## calendar OF events

FIRST TWO WEEKS OF TERM 1 2017	
Staff Day	Monday 1/30/2017
Boarders Return	Monday 1/30/2017
Welcome BBQ	Monday 1/30/2017
School commences for all students	Tuesday 1/31/2017
Year 7 Friendship Camp	Wednesday 1-2/02/17
PLC Armidale P & F Meeting	Thursday 2/2/2017
PLC Cattle Team to Tenterfield Show	Friday 3-4/02/17
Boarders' Beach Weekend	Friday 3-5/02/2017
School Photographs	Tuesday 2/7/2017
Kinder - Year 6 Life Education Van Visit	Tuesday 8-10/02/2017
Whole School Information Evening	Wednesday 2/8/2017
Whole School Swimming Carnival	Thursday 2/9/2017
School Photographs Catch Up Day	Friday 2/10/2017
PLC Cattle Team to Glen Innes Show	Saturday 10-12/02/2017

**get involved!**  
**make new friends!**  
**... come to a**  
**P&F MEETING!**

The first P&F meeting for 2017 will be held on Thursday 9 February at 6pm in the PLC Board room. Liaison parents and any other members of school community welcome.





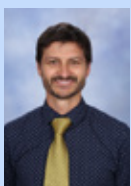
## Cattle Team Report

*Judy Miller, Cattle Team Coordinator*

25 and 26 November saw the last show for the team for 2016 when the team headed off to Dorrigo Show for two days of competition.

What had previously been a very small rural show this year had over 130 head of cattle competing, including a small contingent of dairy cows. There were also schools from Armidale, Guyra, Dorrigo, Bellingen and Macksville as well as many representatives from private studs.

After washing all the cattle the girls headed over to the ring for the Junior Judging competition where Paris Whibley and Molly Trindall both made it through to the finals. The Paraders' competition was held later that afternoon with all the girls entered into the 13 to 18 year age group, which consisted of approximately 60 competitors. Molly Trindall was placed 2<sup>nd</sup> and Emily Peet placed 3<sup>rd</sup>. Fabulous efforts all round. The stud competition was held on the Saturday with both Tim Light and Briony Looker winning ribbons with their Red Poll and Simmental cattle. The day culminated with a whip cracking display by Paris Whibley whilst sitting on Tim's steer *Joker*, which judging from the applause the crowd enjoyed immensely.



## ICT Integration: Thinking of buying Tech for Christmas?

*David Moffitt – ICT Integration Coordinator*

In 2017, the College will be finalising the device specification across both senior and junior schools. At present, we have BYOD from Year 5 to Year 12 with a transition from iPad use in the junior school to a preference for laptops from Year 7. Many students hold onto their iPads in Year 7 and move to a laptop later as the document-creation demands increase through Years 8-9.

At this stage, all devices are accommodated: Windows or Mac, Android or OXS. As long as the device reaches the minimum specifications outlined in our BYOD Manual, found at <http://www.plcarmidale.nsw.edu.au/microsites/technology/byot-plc-armidale>, it can be part of our blended learning environment. Important to know, the College will be making enterprise-grade, anti-virus software available in Term 1 for all students to install onto their own device at a greatly discounted rate, including further discounts for households.

It is my strong belief that good ICT skills are learned where students and teachers can utilise technology to do more, go further and take sensible risks that lead to novel solutions. To that end, we are looking at standardising our device environment over the next few years to better support the use of technology in every classroom. We will be saying more on this over the next 12 months.

Have a very merry Christmas and I look forward to sharing my excitement for technological possibilities in 2017.







## Year 10 Coffs Harbour Trip

*Kirsty Miller, Science Teacher*

In Week 7 of Term 4 Year 10 travelled to Coffs Harbour with Mr David Dorrian and Mrs Kirsty Miller. Everyone had a fantastic time. Year 10 really enjoyed learning to surf over the three sessions and engaged in some paddle boarding and kayaking near Sawtell. By the end of the trip everyone had successfully surfed a wave and managed to stand up on a paddleboard. By all accounts everyone had an amazing time and made some life-long memories.



## 2017 Calendar For Sale

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



## Boarding House News

*Olivia Hoppe Year 8*

Time sure does go quickly when you're having fun, especially for all the girls in the boarding house.

2016 has been jammed packed with events throughout the Year, Armidale Autumn Festival and Fun Run, Swimming and Athletic Carnivals, Eisteddfod, Starry Nights, numerous boarding outings and events and lastly the busyness of Activities Week.

During Activities Week girls from each year chose a social service activity that contributes to the community. Examples are sewing for Allowah, Landcare, visits to Autumn Lodge and Bupa and painting a new mural for the school Health Centre. We are all working on perfecting our Guild Drama scenes and then going back to the boarding house to continue our packing.

The end of the year is not just about being busy and then tired girls moping about. Apart from packing up for the holidays we have been on some outings to Dangar Falls, Armidale Christmas Tree Lighting and last weekend to Tamworth for Christmas Shopping. This week we have been around town on a Christmas Lights Tour ending up with an ice-cream at 'Maccas'. What a busy and exciting time of the year.

The boarders enjoyed Annual Boarder Christmas Celebration where boarders are joined by family to enjoy the festivities and food. A little choir coached by Duty Mistress Amelia Washbrook lead the Christmas carols and we finished the night with Secret Santa. Girls did craft and cooking in preparation. It is not only a beautiful night of enjoyment but as a boarder it gives me much pleasure to laugh and have one last meal with my friends and all the girls I've come to know.

New girls, older girls and staff are the people who make the PLC boarding house so welcoming and safe. I love seeing all the new Year 7's pick each other up when they are down, and seeing them build friendships so strong that they will stay in touch way past their 6 years of schooling here. All of us girls are so close and it's a lovely thing to be a part of the boarding family, it truly is a place to send your girls to "Flourish".

With school now over for the year, I know all the girls are keen to go home and relax.

I hope everyone had a wonderful year and I wish a Very Merry Christmas to all.



## Northern Inland Sixers Girls Cricket League – U/17's

*Jason Browne, Sport Co-ordinator*

### 2016 – 17 Format:

**Venue** Synthetic – pitches,

Round 1 Inverell – Cameron Park, Sunday 27 Nov

Round 2 Narrabri – Cooma Oval Sunday 5 Feb

Round 3 Tamworth – Riverside 4 & 6 Sunday 5 March

**Time** Game 1 10.00am Game 2 1.30pm

**Format** - 20 / 20 matches – 9 a side with each team allowed 1 Marque Player

Marque player can be aged between 17 – 19 yrs

**Duration** - 3 Sundays with Semi Finals and Finals in Tamworth Rd 3

**Nominations Close** – Wednesday 23<sup>rd</sup> November 2016

**Team Nomination Fee** - \$150 per team

### What will teams receive?

Field Hire

Match Cricket Balls

Paid Umpires

Northern Inland Team Caps

Lunch provided for teams at each days (drinks not supplied)

### What do we need now?

Local associations to call for player nominations – girls aged 13 to 17 years. Can be currently playing cricket, may be in school cricket programmes or may be just looking to play because it is girls only.

Players welcome from all cricket communities throughout the Northern Inland Region.

If there are only say three players from Moree we will combine them with players from Wyallda and Inverell to form a team.

For more information about the programme please call – Peter Graham 0409 824128 or Kath Barber 0425 297 722





## Annual String Soiree

*Deidre Rickards, Director of Strings*

Last Tuesday evening our many talented String players were joined by Eliza Scott, Jessica Wright, Isabella Post, Lucy Isaacs, Georgina Cornell, Isabella Emanuel and Charlotte Low, all String alumni from the PLC Stables. It was thrilling for our current students to see the dedicated enthusiasm exercised by these former students who made the journey and played with us.

The evening always provides us with the opportunity to present great repertoire to a receptive audience. It opened with the wonderful Junior School orchestra featuring soloists Lucy Caldwell, Emily Thompson, Alannah Williams, Gabrielle Cotterell and Poppy Broun. This orchestra had recently played in Autumn Lodge and former music teacher Lucy Poggioli who is now a resident was delighted to see them.

Other items included our fabulous Cello ensemble, our String Quartet, a Spanish Cello Trio from Madrid, Junior School Trio, Isla

Biffin played the Harmonious Blacksmith Variations by Handel on the Harp, Mr Minter played in a Piano Quartet by Beethoven and the evening concluded with the Senior Strings featuring the Vivaldi Double Cello Concerto with Dakota Love and Mia Emanuel as soloists, Li Ling Chen playing so beautifully the slow movement of the Marcello Oboe Concerto, two works from Walton's Henry V featuring guests Jonathan Bruhl as Falstaff and Shah Biffin as Henry V.

Of course we finished the evening with two Celtic String works which we love and often play.

I take great pleasure in watching the girls embrace this great repertoire. Too often listeners are exposed to intense influence from the commercial media. These students trust us to show them works which deserve to be recognised and played well and they do just that. It was a fabulous evening. Bravo girls. You are champions.







## Music Notes

*Matthew Minter, Director of Music*

### STRING SOIREE

The String Soiree was a resounding success on Tuesday evening. An evening made all the more special due to the presence of eight alumni who returned. Li Ling Chen presented a beautiful oboe solo in the performance of the Marcello Oboe Concerto in D Minor, Isla Biffin presented a breathtakingly beautiful harp solo, the performances from the Junior Strings, the Cello Ensemble and the Senior Strings were all outstanding and the standard of chamber music was exceptional.

Congratulations and thank you to Deidre Rickards for organising the event and preparing the string ensembles to such a high standard.

### ACTIVITIES WEEK WIND ENSEMBLE

The Wind Ensemble had a very enjoyable and productive Activities Week during Community Service. The students spent Monday and Tuesday community service time rehearsing at school and preparing a program of Christmas Carols. On Wednesday the girls went to Autumn Lodge where they performed very well, especially considering that most of the ensemble has only started on their instruments this year. A highlight of the visit to Autumn Lodge was meeting Nancye Waters, who was a teacher at PLC Junior School in the 1950's.

On Thursday the students performed at BUPA and on Friday the group went to Ken Thompson Lodge. Thank you and congratulations to the girls who performed solos during the week, including Emma Ward, Thurkka Jeyakumar, Agnes Thwaites and Eva Goswell.

Altogether the residents of the various aged care facilities we visited enjoyed the concerts immensely and the girls made excellent progress on their instruments and ensemble skills.

### FESTIVAL OF LESSONS AND CAROLS

On Tuesday evening PLC held the annual Service of Nine Lessons and Carols. The students in the Senior Choir have been preparing their carols all term and their focused and diligent work over

many weeks paid off with an exceptional evening. It was an honour as usual to work with such a dedicated and outstanding choir. Thank you also to the TAS Chapel Choir, the TAS singers and the members of the community who participated. We are extremely fortunate and grateful to have the fine organist Mr Warwick Dunham play for us on the Cathedral organ. He is an organist of the highest calibre and his exceptional playing contributed to the magic of the event. Thank you also to Miss Constance Rolfe for her untiring assistance with the preparation of the carols and her leadership of the Bel Canto ensemble and the Years 3 to 6 Choir.

### UNIVERSITY VICE CHANCELLORS OPEN DAY

The Junior String Trio and the Senior String Quartet each performed for 45 minutes at the University of New England Vice Chancellors Open Day on Sunday. Congratulations to the Junior String Trio, Gabrielle Cotterell, Laura Smitham and Emily Thompson, on a very professionally presented performance to provide background music to enhance the atmosphere of the day. The Senior String Quartet, (Jessica Hughes, Isla Biffin, Lucy Quast and Dakotah Love), played very polished and professional performances and are to be commended on their achievement as an ensemble.

### ARMIDALE SYMPHONY ORCHESTRA

Congratulations Jessica Hughes, Dakotah Love, Isla Biffin, Elinor Warwick, Lucy Quast, Sarah Hughes and Clare Warwick on their performance as part of the Armidale Symphony Orchestra at the orchestral concert on Sunday afternoon at Lazenby Hall. It was an exceptional community event, including several PLC Parents and alumni.



## WE NEED YOU!



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

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

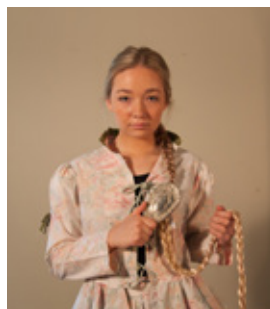
This will be no ordinary Recipe Book for purchase. It will be a hard back, coffee table style commemorative keepsake, which tells a story of the College's history through its gardens, food and families. For more information, please contact Shona Eichorn, Director of Development, on [development@plcarmidale.nsw.edu.au](mailto:development@plcarmidale.nsw.edu.au)

## Grimm Tidings

Six of the best known Grimm's fairy tales are presented in Felt Tip theatre's riveting anthology of plays. The Brothers Grimm were prolific writers, issuing their first edition of 70 stories in 1812 and culminating with the seventh edition of 211 tales in 1822. Yet age has not dimmed the allure or horrifying fascination of their tales for children and adults alike.

Saturday tickets are available from Carrs Newsagency in the mall or via the Felt Tip Theatre web site at [www.felttiptheatrecompany.com](http://www.felttiptheatrecompany.com) Ticket prices are Adults \$25, Concession \$20 & children \$15.

*Photos courtesy of Terry Cooke*



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## Christmas in Australia Drawing Competition

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

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

## SAVE THE DATE Anniversary Ball

Saturday May 6 2017  
at PLC Armidale





# GRIMM TIDINGS

SCHOOLS MATINEE 10:30AM FRI 9TH DECEMBER  
10:30AM AND 2PM SAT 10TH DECEMBER

MORAN AMPHITHEATRE BEHIND NERAM  
BYO PICNIC BLANKET AND CHAIR

TICKETS \$25, \$20 CONCESSION, \$15 CHILDREN  
(ADDITIONAL FEES MAY APPLY)

AVAILABLE FROM CARR'S NEWSXPRESS IN THE MALL  
AND AT [WWW.FELTTIPTHEATRECOMPANY.COM](http://WWW.FELTTIPTHEATRECOMPANY.COM)





## Development and Enrolments

Shona Eichorn, Director of Development  
Sally McCook, Enrolments Manager



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

Our 2017 Calendar has arrived. Should you not have had the opportunity to purchase it at either Speech Day or Guild Drama, it is now available at Reception for just \$10. It is a limited edition so be sure to organise your purchase early!

### Scholarships for 2017 and 2018

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

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

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

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

Why not team up with others in your year group or elective class, pool your resources and make a purchase. For just \$300

you could have eg. Silicon, Indium, or even Beryllium, to name a few! Please contact me for further details.

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

### Thank you for your support in 2016

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

### Publications

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

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

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

1

SOLD

Hydrogen

2

SOLD

Helium

3

SOLD

Lithium

4

SOLD

Beryllium

5

SOLD

Boron

6

SOLD

Carbon

7

SOLD

Nitrogen

8

SOLD

Oxygen

9

SOLD

Fluorine

10

SOLD

Neon

11

SOLD

Sodium

12

SOLD

Magnesium

13

SOLD

Aluminium

14

Si

Silicon

15

SOLD

Phosphorus

16

SOLD

Sulfur

17

SOLD

Chlorine

18

SOLD

Argon

19

SOLD

Potassium

20

SOLD

Calcium

21

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Scandium

22

SOLD

Titanium

23

SOLD

Vanadium

24

Cr

Chromium

25

Mn

Manganese

26

SOLD

Iron

27

SOLD

Cobalt

28

SOLD

Nikel

29

SOLD

Copper

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SOLD

Zinc

31

Ga

Gallium

32

SOLD

Germanium

33

SOLD

Arsenic

34

SOLD

Selenium

35

SOLD

Bromine

36

SOLD

Krypton

37

Rb

Rubidium

38

Sr

Strontium

39

Y

Yttrium

40

Zr

Zirconium

41

Nb

Niobium

42

Mo

Molybdenum

43

Tc

Technetium

44

Ru

Ruthenium

45

Rh

Rhodium

46

Pd

Palladium

47

SOLD

Silver

48

Cd

Cadmium

49

In

Indium

50

Sn

Tin

51

SOLD

Antimony

52

Te

Tellurium

53

I

Iodine

54

SOLD

Xenon

55

SOLD

Cesium

56

Ba

Barium

57-71

72

Hf

Hafnium

73

SOLD

Tantalum

74

SOLD

Tungsten

75

Re

Rhenium

76

SOLD

Osmium

77

SOLD

Iridium

78

SOLD

Platinum

79

SOLD

Gold

80

SOLD

Mercury

81

SOLD

Thallium

82

SOLD

Lead

83

Bi

Bismuth

84

Po

Polonium

85

SOLD

Astatine

86

SOLD

Radon

87

Fr

Francium

88

Ra

Radium

89-103

104

Rf

Rutherfordium

105

Db

Dubnium

106

Sg

Seaborgium

107

Bh

Bohrium

108

Hs

Hassium

109

Mt

Meitnerium

110

Ds

Darmstadtium

111

SOLD

Roentgenium

112

Cn

Copernicium

113

Uut

Ununtrium

114

Fl

Flerovium

115

Uup

Ununpentium

116

Lv

Livermorium

117

Uus

Ununseptium

118

Uuo

Ununoctium

57

La

Lanthanum

58

Ce

Cerium

59

Pr

Praseodymium

60

Nd

Neodymium

61

Pm

Promethium

62

SOLD

Samarium

63

Eu

Europium

64

Gd

Gadolinium

65

Tb

Terbium

66

Dy

Dysprosium

67

Ho

Holmium

68

Er

Erbium

69

Tm

Thulium

70

Yb

Ytterbium

71

Lu

Lutetium

89

Ac

Actinium

90

SOLD

Thorium

91

Pa

Protactinium

92

SOLD

Uranium

93

Np

Neptunium

94

Pu

Plutonium

95

SOLD

Americium

96

Cm

Curium

97

Bk

Berkelium

98

Cf

Californium

99

SOLD

Einsteinium

100

Fm

Fermium

101

Md

Mendelevium

102

No

Nobelium

103

Lr

Lawrencium

119

SOLD

name it

120

SOLD

name it

ignite

THEIR PASSION FOR THE SCIENCES

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

create your own @ \$500 each

create your own  
@ \$500 each



# Parenting *ideas* INSIGHTS



## Building parent-school partnerships

WORDS Renee Klaassen

# Stay sane when travelling with kids

The thought of travelling with children can cause some parents to reconsider their travel plans, but there are some practical, easy ways you can make the trip enjoyable for the children and the parents and keep your sanity in the process!

Family holidays are amongst my most treasured childhood memories. I remember trips to Lakes Entrance, our floppy red tent and running free amongst trees leading into the sea. Although my memories are happy, my mother often reflects that these holidays were quite stressful for her – but I never would have guessed; they must have been well prepared!

In order to ensure your children have happy memories and you reduce your stress, here are a few things you can do to remain sane these holidays when travelling with your kids.

### Prepare yourself mentally before you leave

Parents should begin to use a Mindfulness technique at least a week before departure such as this Mindful Breathing exercise.

## MINDFUL BREATHING

Research shows that even five minutes of relaxation per day has a cumulative, beneficial effect.

- ▶ Come into the present moment
- ▶ Accept any unwanted feelings without judgment
- ▶ Focus on the breath, feel it go in and go out of your body until you sense calm
- ▶ Ground yourself by feeling your feet on the ground or noticing your posture
- ▶ Return to present moment.

### Prepare Mindfulness activities to relieve boredom and for 'mental time-out'

**MINDFUL ACTIVITY 1** Bring craft along to do in the car, simple wool and icy-pole sticks create a gods eye. Craft activities require your full attention to the present moment and therefore distract away from both boredom and anxiety provoking thoughts. Make great mementos too!

**MINDFUL ACTIVITY 2** Mindful colouring books are becoming well known and feature detailed images that provide opportunity for children and grown-ups alike to unwind and focus on creativity. Your brain cannot be stressed and in creative flow at the same time.

**MINDFUL ACTIVITY 3** Liana Taylor, Mindfulness coach, advocates creating a Mindfulness Breathing Space. Do it in the car as you're driving or pull over. Ask children to close their eyes and take a deep breath. Ask them to begin the activity by scanning their body from the very tip of their head down through their face, neck, chest, tummy, legs and finally feet. Have them notice whether there are any places in their body that feels 'uncomfortable' or 'tingly'.

more on page 2



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



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## Parenting *ideas* INSIGHTS

2

*Building parent-school partnerships*

### ... Stay sane when travelling with kids ...

Suggest that they visualise the feeling as an object (a lumpy ball or prickly blob), then have them put the object into a bubble. Now open the window of the car and blow the bubble (containing the feeling) off into the wind!

#### Be prepared to listen

What's a holiday without the odd tantrum or bickering with a sibling? Quickly curb the situation using emotion coaching:

- 1 Encourage your child to **tell what happened**. "I pinched her because she grabbed my stuff".
- 2 **Listen**, focusing mainly on the child's **emotions**. (His tone is angry).
- 3 **Name the emotion** for them "you're feeling angry because your sister grabbed your stuff?".
- 4 Allow the child to **confirm the emotion** (did you get it right?) "Yeah I'm angry at her".
- 5 **Affirm the emotion**, model that it is ok to have difficult feelings, "Well maybe I would be feeling angry too if someone took my things".
- 6 Then without solving the problem – **ask them what they think they could do about their feeling/ the problem**. "What do you think you could do instead of reacting by pinching her?".
- 7 Wait for a response and guide towards a solution within limits (I could ask her to stop, I could tell you what she did but being aggressive is not an option).

#### An opportunity for reflection

Sometimes stories and issues arise about the year in retrospect, for example your child might recall a time she did not get along with some friends and mentions, during the trip, that she remembers it as a very unhappy time.

- **Listen** to the story and ask the child how the situation was handled by both her and also other students or adults involved.
- **Reflect** on positive ways in which the situation was handled and if not handled well, how it could have been dealt with.
- Now have her **re-tell the story** including the positive aspects. Creating an alternative narrative teaches her the skill of reflection and helps her to find evidence of positive outcomes, it teaches resilience and self-confidence.

#### Prepare to have fun - "We're here!"

Finally you arrive at the destination but the problems aren't over for some parents. After sitting for a long time kids bodies are ready to be used so you need to find a place where they can run or burn off some of that pent-up energy. Depending on your environment, you may need to set boundaries for this activity to take place safely and without affecting other travellers. Rather than quash the child set boundaries and expect them to adhere to those boundaries.

Finally, stay sane by remembering that holidays which end with happy memories begin with (mental) preparation!



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Rick and Suzanne Hatch

Invite you to

Grand Opening

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

9-45 am.

Christmas  
Songs

with

The PLC

Treble Makers

Beautiful  
Colourful  
stoneware  
Pots



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

functional  
fanciful  
durable.

Small  
sculptures.

Weemala Pottery  
Christmas Shop

at

165 Beardy St. Central Mall

near the fountain

Open Weekdays - 9.30 - 5.30

Sat. 9-1

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

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





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

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

The NFC is an inclusive football camp catering for athletes of all standards for Primary and Secondary School students **aged U12, U13, U14, U15 and U16's in 2017.**

The NFC will be held over the week **22<sup>nd</sup> – 25<sup>th</sup> of January** and will be hosted in the beautiful city Armidale is the thriving hub of the New England Region of NSW and is renowned for its amazing scenery and first class education facilities.

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

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

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

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



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



In conjunction with Walkley Golf

## School Holiday Fun Weeks

Armidale Tennis Club & Golf Course, Golf Links Rd Armidale

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

### Golf & Tennis Camps

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

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

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

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

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

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

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

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