

lion's roar

TERM 1 • 2 FEBRUARY 2018 • VOLUME 293



Welcome to 2018!

2 TO 18 FEBRUARY 2018 calendar OF events

Yr 7 IT Boot Camp	2/2/2018
Boarders' Beach Weekend	2-4/2/2018
PLC Pathways commences	5/2/2018
Boarders' Chapel	5/2/2018
School Photos	6/2/2018
PLC Armidale P & F Meeting	8/2/2018
School Photos (Catch up day, if needed)	9/2/2018
Cattle Team to Tenterfield Show	9-10/2/2018
DOE Bronze Duke of Ed Training	10/2/2018
Tildesley Tennis Squad Training Day	10/2/2018
Tildesley Tennis Squad Tournament Tamworth	11/2/2018
Boarders' Church Service at St Paul's	11/2/2018
Pre-K to Year 2 Learn to Swim	12/2/2018
Life Education Van Visit	12-14/2/2018
Boarders' Chapel	12/2/2018
PLC Armidale Foundation Meeting	13/2/2018
SRC/BRC Elections	14/2/2018
Whole School Information Evening	14/2/2018
Whole School Swimming Carnival	14/2/2018
Cattle Team to Glen Innes Show	16-17/2/2018
DOE Bronze Duke of Ed Training	17/2/2018
Tildesley Tennis Squad to NW JDS	18/2/2018
Tildesley Tennis Squad Tournament Gunnedah	18/2/2018

From the Principal

Mrs Nicola Taylor, Principal

Welcome to a new school year! Staff and students have returned to the College this week with an evident energy and enthusiasm for teaching and learning. The 2017 HSC results, placing PLC Armidale as the highest performing school in Armidale allowed us to reflect upon the success of not just our high achievers, which was outstanding but also of students who overcame challenge and adversity to complete the HSC program and attain the career path of their choice. These too are markers of success. Our Class of 2017, along with many at the College demonstrated their willingness and capacity to do hard things.

Simon Sinek, a UK ethnographer and sociologist is fascinated by success and what characterises successful individuals and organisations. His research has led him to a position, which we have adopted as our theme for 2018; Start with Why? Quite often planning, projects or decisions are driven by What? Or How? These are tangible, direct and straightforward. However, according to Sinek's research, when Why? is the lead question – the outcome is unique, sustainable, adaptable and transformative. Each attributes characterizing PLC Armidale.

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Starting with 'Why?' helps us articulate our purpose, our beliefs, our convictions – articulating these develops shared understandings with others that are committed to the same vision, mission and purpose. The 'What?' and 'How?' are appealing, but it is the 'Why?' which engenders belonging and strengthens community. Starting with 'Why?' informs our How? And makes the 'What' more straightforward too...

The implementation of our Strategic Direction Document which is being mailed out to all families in the coming week begins with statements outlining 'Why PLC Armidale?' We are all-girls, for all of school, with a Christian faith basis, seeking to be inclusive, proudly regional with a Global perspective, focused on learning and relationships, characterised by our core values of humility, respect, integrity and self-discipline. Starting with this 'Why?' our 'What?' and 'How?' become clearer, focused and strategically aligned.

We welcome to PLC Armidale the following staff new to the College or in new positions.

Junior School:

Mrs Tina Dettwiler (Pre-K for Semester One)

Ms Hannah Rowland (Year 4)

Mrs Tessa Repp (Assistant Chaplain)*

Senior School:

Mrs Yvette Ballard (STEAM)

Mr Guy Davidson (Humanities/Pathways)

Ms Hannah Hourigan (STEAM)

Ms Tessa Roe (Humanities)

Mrs Jo Wysel (Drama/Pathways)

Whole School:

Mrs Stephanie Belson (Learning Support & Enrichment)*

Ms Ali Dare (Information Literacy Teacher*/Librarian)

Mrs Penny Kempton (Psychologist)*

Mrs Millie Graham (Music Assistant)

*These new positions are in accord with our Strategic Direction focus to commit to supporting student learning and pastoral care.

Please note our upcoming Information Evening, Wednesday 14th February. Ms Penny Kempton, will be presenting a session on "Parenting in a social media saturated world". Penny is a registered psychologist who has joined the PLC Armidale staff this year. Penny brings a wealth of experience across child and adolescent development to provide a consultancy support service to our staff and families as we work together to grow gorgeous girls into young women of character and strength.

It was encouraging to see so many families at the Welcome BBQ on Monday evening, please save the date for the Information Evening followed by the Whole School Swimming Carnival the next day. I look forward to meeting with many of you then.

It is with regret that Mrs Deidre Rickards has indicated that for personal and professional reasons she is unable to return to her position as Director of Strings at PLC Armidale. Many of you would be aware that Deidre was on extended leave throughout 2017 with Mrs Joanna Fairs-Wu very capably taking over the Strings program which Mrs Rickards has shaped and crafted over many years. We remain indebted to Mrs Rickards for her commitment to PLC Armidale, for her inspiring leadership of the Strings program and for her passion for quality music education. We look forward to her ongoing connection with PLC Armidale and wish both her and her family well in the coming years. We are thankful that Mrs Fairs-Wu, also a very experienced music educator and Director of the Strings program at NECOM will continue with us leading the Strings program at PLC Armidale very capably into the future.



Make the Old New Again and put PLC back into your life!

Kathie Marquardt (Ryan), President, Old Girls Union

The Old Girls Union was on hand to welcome everyone back to PLC for the start of the new year at the welcome BBQ on Monday 29 January, 2018.

Old girls from 2016 Madi Taylor and Bec Marquardt (pictured) served champagne, wine and beer whilst catching up with friends and teachers.

Also helping with the afternoon welcome was Sonia Broun (nee Waters) and Steph Belson (nee Doyle) our co-secretaries of the OGU.

The Old Girls Union will be out and about this year so come and make yourself known to us and let's make sure we have your current contact details so the school can stay in touch with you.

If you are back at PLC because of a connection with a new student please let us know.

Our next OGU meeting is 6 February, 2018 and, if you are an old girl of PLC, we would love to see you there.

P&F Post

Kelly Smitham and Theresa Smith-Ruig

The first P&F meeting for the year will be held at 6.00pm on Thursday 8 February in the PLC Board Room. All parents are welcome to attend.



Senior School Notes

Anna Caldwell, Head of Senior School

Welcome back 2018

A big welcome back to all our PLC Armidale families and an especially warm welcome to those who are joining the College in 2018.

It was lovely to see so many parents at the Welcome BBQ on Monday evening. The girls have enjoyed their first week back at school and it has been lovely to see their positivity and enthusiasm.

As you wrestle with your daughter's homework schedules, sporting and co-curricular commitments as we commence the new school year, remember you are not alone! Your daughter's happiness and progress are the central reason for our existence and there are many specialist staff you can contact and with whom you can discuss any issue.

New Staff and New Roles

It is wonderful to welcome new staff members to our amazing team this year. Miss Tessa Roe, Miss Hannah Hourigan, Mrs Yvette Ballard and Mr Guy Davidson to our Senior Academic staff and Mrs Millie Graham and Mrs Sandra Grant to our Administrative support staff.

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

Recognising Leadership at the College

Our Commencement Assembly sets the tone for the year and this year we celebrated our Year 12 Students, 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.

The Peer Support Australia program plays an important role in the College, particularly in helping Year 7 to settle into the Senior School. Our Year 11 Peer Support Leaders were presented with their badges in assembly this week too, 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!

Year 7 are now also set up digitally for school after an informative IT Bootcamp held on Friday.

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.

School Photographs

Next week on Tuesday 6 February we will be having our Individual, Class and Whole school photos taken. An envelope will have been sent home with all the information for you to purchase these photographs. Please follow the instructions on the envelope and make sure that they are returned to school by Tuesday Morning.

Girls are to wear their full Summer uniform and wear their blazers for all photos.

Whole School Swimming Carnival

The Whole School Swimming Carnival will take place at the Monckton Aquatic Centre on Thursday 15 February in Week 3. 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.

Student Representative Council Elections

Each Pastoral Care Year group will elect Student Representatives in Week 3. The girls will prepare a manifesto and present their speeches in Week 2 during their pastoral care morning sessions.

Week 9 Excursion Week for Years 7, 8 and 9

Our compulsory Excursion Week is in Week 9 this term. Years 7, 8 and 9 will be heading off to Camp Somerset, on the Colo River for three days of Outdoor Educational challenges. Camp dates are Monday 26 March to Thursday 29 March. The girls will return in time to head home for the Easter Weekend. Information, letters and all required forms will be sent home in due course.

Week 10

Year 10 will head to Canberra for their HSIE excursion in Week 10, after Easter. (They will have their Compulsory Outdoor Educational Camp in Week 7 of Term 4).

Year 11 will remain at school for normal lessons and assessments and for Year 12, this will be their Exam week.

Uniform

I would like to remind parents and girls of the uniform policy. The uniform guidelines can be found in the student diary and the Student Handbook, which was emailed to you all during the holidays.

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. No other facial jewellery is permitted and all earrings are to be worn in the ear lobe.

Girls must wear their hats and have their blazers with them whenever they are out of school grounds. The blazer is to be the outermost garment worn for warmth.

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.

Lockers

Every girl must have a lock for their locker. Code combination locks are available at the clothing shop. Key padlocks can be purchased easily in town. Spare keys can be given to the Head of Senior School in a named snap lock bag for safe keeping, for those occasions where keys have been forgotten or misplaced.

Duke of Edinburgh's International Award

Bronze Duke of Edinburgh's Award training commences Saturday 10 February at school in the AAC at 9.00am. New Bronze Participants are to wear comfortable clothing that they can be active in and bring a hat, their laptop, water bottle and morning tea with them.

9.00am – 12.00pm AAC - Saturday February 10, 17, 24.

Saturday March 3 and March 11 being the final session with equipment check, camp set up and cooking session. All girls MUST attend this session on this day and have all their equipment with them. They will need their equipment for camp in Week 9.

Adventurous Journeys /Expeditions

Bronzes will have two expeditions this year, Yr 9 Camp Term 1 Week 9 and June 30/ 1 July first weekend of the mid- year school holidays.

Silver and Golds:

April 14 – 17 : New England NP
October 6 – 10: Blue Mountains
December: 15 – 20 Venue TBC

The sign-up sheet is already up on the DOE Notice board for the April hike.



Student Exchange Program

Chris O'Neill, Exchanges Coordinator

As in previous years, students will have the opportunity this year to participate in a student exchange. This is a truly once-in-a-lifetime experience which allows students to attend and be a part of, a school in either Melbourne or New Zealand. While there, students will accompany their exchange partners to school, participate in activities as part of the wider host school community, and be part of the host family for the duration of her stay. As well as this, PLC Armidale students' exchange partners will also spend time at PLC Armidale, attending classes, participating in school life here and they will stay with PLC Armidale students' families. Exchange partners from Melbourne or New Zealand who are paired with PLC Armidale girls who are boarders will stay in the boarding house during their stay here. PLC Armidale girls will stay with host families for the time they are in Melbourne or New Zealand.

The dates for the exchanges are as follows:

PLC Armidale students in Year 8 will travel to Melbourne and attend PLC Melbourne in Term 2, Week 8 (18-22 June), while PLC Melbourne will attend PLC Armidale in Term 2, Week 9 (25-29 June).

PLC Armidale students in Year 9 will travel to Dunedin in New Zealand and attend Columba College in Term 2, Weeks 6 and 7 (4-15 June), while Columba College students will attend PLC Armidale in Term 2, Weeks 8 and 9 (18-29 June).

PLC Armidale students in Year 10 will travel to Christchurch in New Zealand and attend St Andrews College. However, St Andrews students will travel to Armidale first, attending PLC Armidale in Term 2, Weeks 7 to 9 (11-29 June). They will then spend the first week of the July holidays with their PLC Armidale families (2-6 July). PLC Armidale students will travel to Christchurch for the third week of the July holidays (16-20 July), then attend St Andrews in Term 3, Weeks 1 to 3 (23 July to 10 August).

Please note that the above dates indicate school days, so one or two days travel time before and after the exchange time period must also be considered. All flights will be booked through the Armidale branch of Helloworld, with Mrs Sue Westley liaising between families and Helloworld.

If your daughter is interested in applying for the exchange, she will need to complete an application form (which will be handed out in Pastoral Care next week) and return it by Monday 26 February 2018. We will be conducting interviews in Weeks 6 and 7 and students will be notified by Week 8.

IMPORTANT: Please be aware that an overnight stay in Sydney will be required for girls travelling to Dunedin. On Friday afternoons there is a flight from Armidale to Sydney at 5.10pm, and the girls can depart from Sydney either Saturday or Sunday at 7.15 am in the morning. Please consider whether you have family or friends who would be willing to collect your daughter to have them stay the night and then be returned early the next morning to Sydney Airport for the Auckland flight. Alternatively it may be an option for parents to escort their daughter/s to Sydney. It is not an option to have students stay unaccompanied in an airport hotel.

If you have any questions, please do not hesitate to contact me.



Speech & Drama Extra Subject Information

Jan Patterson, Speech and Drama Teacher

Could all students who are intending to do Speech and Drama for 2018 please make sure they have filled in the enrolment form from the PLC website for Mrs Patterson and return it to the administration office.

All students will be required to register at lunchtime on Friday 2 February in the big black drama room to sort out groups for classes. If you are in Year11, please bring your timetable.

Drama Storage Room Refurbishment

Over the holidays, Mrs Patterson and the maintenance team, along with Mrs Wysel and Mrs Alcorn completely gutted the Drama storage room, organising costumes and props; some from many years of Rock Eisteddfods and Guild Dramas. We have decluttered and reorganised homes for all the props and costumes in the storage space. What we have is a very organised, neat and tidy, well resourced costume and props storage space for Mrs Patterson and Mrs Alcorn's Speech and Drama classes and Mrs Wysel's new Drama classes teaching years 9-12 Curriculum Drama. We're so excited! Hope you are too girls!



BEFORE

AFTER!



Duke of Edinburgh's Award Adventurous Journey

Anna Caldwell, Duke of Edinburgh's Award Leader

Washpool and Gibraltar Range National Park 9 – 12 December.

As soon as Guild Drama was over for another year and Term 4 had officially ended, Mrs Hey, myself and ten Silver and Gold Award participants, set off for four days bush walking in the beautiful Washpool and Gibraltar Range National Parks. We left school early on Saturday morning and stopped off on the way at the Celtic Standing Stones in Glen Innes.

The afternoon was spent hiking the Washpool Trail, through lush tropical rainforest where leeches were a plenty and black mallets and a copperhead snake temporarily stopped us in our tracks! It was pleasant walking under the canopy which offered shade from the sun and also shelter from the hail storm, which came out of no where and disappeared again just as quickly, with stones the size of marbles.

The next day saw the group walk over 20km to Boundary Falls, via Grassy Creek, along the World Heritage Trail. At the end of the day everyone enjoyed a quick swim in the waterhole at the base of Boundary Falls waterfall, before heading to Mulligans Hut to set up camp for the night.

From Mulligans, the girls then hiked to Dandahra's Crags, where they climbed right to the top to enjoy lunch and spectacular views. They all also enjoyed cooling off with a swim and some rock hopping in the creek at Mulligans at the end of the day.

The last day started bright and early as the group were determined to set off walking before it became too hot. They walked out to The Needles and then around the Tree Fern Forest Circuit, which



returned them to Mulligans, where they packed up camp before heading off home. Thank you to all the girls for being so much fun to start the holidays with and to Mrs Hey for driving the bus and helping organize and run the expedition.

Congratulations to Alison Chapman, Chloe Stier and Julia Chambers for completing their Gold Adventurous Journeys on this hike.





Junior School News

Fiona Wake, Head of Junior School

'Thinking is not driven by answers but by questions'. Paul and Elder (2000)

Welcome back to 2018. I warmly welcome back students, staff and new and existing families. As we embark on another year of teaching and learning, at the fore front of our thoughts when programming and delivering lessons is to continually ask the question why?..

Research by Smith (1998) states that language-rich classrooms are more conducive environments for learning and thus progress. Objective studies conducted by Smith have shown that young children have a higher IQ at a younger age if their parents regularly spoke to and questioned them, compared to those whose parents did not engage them. In our classrooms, the ability of students to be able to express their views and thoughts is generated through our questioning of them. Engaging children in conversations that encourage the why questions means we;

- develop interest and motivate students to become actively involved in lessons.
- develop critical thinking skills.
- review learning
- stimulate students to pursue knowledge on their own and ask their own questions. If you are interested in further reading please see the site as follows. <https://classteaching.wordpress.com/2017/01/19/the-importance-of-questioning/>

KINDERGARTEN Off to Flying Start!

Starting school is a milestone in a child's life they will not forget. This is also the case for parents as they realise their little one is growing up and to a very small extent entering a much bigger world outside the family home. At PLC the staff and our broader community make every effort to support our new students in every way we can. Take a look at the little gift every Kindergarten student received the day before arriving here at PLC. They are also straight into learning their names and working on their fine motor skill development.

NEW Staff Members

I am pleased to introduce and welcome the following new staff to our PLC Junior School.

Hannah Rowland – Hannah is teaching Year 4 this year and she brings with her a talent for Music and knowledge of Music Therapy after completing a Masters in this area. Year 4 have welcomed Miss Rowland and have in true PLC style shown their respect and acceptance of change and a willingness to embrace new experiences change inevitably brings. They certainly have been exercising the Why question as they discover everything there is to know about their new teacher.

Tina Dettwiler – Pre-K have settled in remarkably well with very few tears but rather widened eyes as they marvel at their new learning environment. Tina and Deli have created an environment that has engaged the interests of students, distracting from the separation anxiety that may be experienced when saying goodbye to loved ones on their very first day in a new and unfamiliar learning environment.

Tessa Repp – We welcome Tessa Repp who will teach Christian Studies throughout our Junior School as well as assisting with weekly Chapel services and the establishment of our Junior School Bible study program, 'Fish'.

Junior School Sport

Lucy Donaldson is the Junior School Sports Co-ordinator and will ensure communication regarding sport in the Junior School will be distributed as necessary. If you need to contact Lucy her email address is as follows ldonaldson@plcarmidale.nsw.edu.au.

Junior School Chapel

Junior School Chapel services take place each Thursday at 8:55am in the Astra Arts Centre. During these services, students listen to a Bible reading lead by Jen Leahy, share in prayer and sing songs. Students are also recognised for their achievements by being presented with merit certificates. Parents and Friends are welcome to join these services.

Shuttle Bus Service

The afternoon Shuttle Bus service will continue from PLC to TAS each afternoon. This service is available to the PLC Armidale Junior School Students only. If you wish for your child to catch the shuttle bus please contact Mrs. Young at Reception for more information. The PLC Shuttle Bus will drop students at the designated "Bus Zone" in Douglas Street near the Brown Street entrance of TAS.

Buses

All buses leave from Crest Road and secondary teachers supervise students. A Junior School teacher walks the children from the Junior School entrance to the bus stop each afternoon.

School Uniform Reminder

It is important that the girls wear full Summer Uniform as outlined in the Junior School Handbook. A summer dress, straw hat and blazer must be worn to and from school each day. Girls do not need to wear a blazer if the day is very hot. However, a jumper cannot be worn without a blazer. Black lace up shoes and white ankle socks.

Hair and Earrings: Only small gold, silver or pearl stud earrings are to be worn in pierced ears. This is a safety issue. If your daughter's hair is longer than shoulder length it must be tied up with a green ribbon or scrunchie.

Hats: In accordance with our PLC "no hat, no play" policy, all children from Pre-Kinder to Year 5 must wear a wide brimmed green play hat in the playground. Year 6 girls must wear a wide brimmed hat also.

Sports Uniform: PLC sports skirt or PLC sports shorts, PLC sports shirt, PLC jersey, green track pants or tracksuit, white socks, predominantly white sports shoes with non-marking soles.

Girls from K-6 must wear PLC swimmers for swimming lessons and the Junior School swimming carnival.

On PE and sports days girls may wear their PE uniform to school. In Terms 2 and 3 a tracksuit or jersey and track pants must be worn to and from school. Class teachers will inform parents of these days through their class letter or homework sheet.

EVENTS

School Photographs – Tuesday 6 February

Parent Teacher Information Evening presentation. This will take place in Week 3 Date: Wednesday 14 February 5:30 – 7:30pm

Swimming Carnival: Week 3, Thursday February 15, 2017



Leadership

PLC Armidale Junior School Leadership

Student Leadership is part of our school responsibility in nurturing the physical, educational, social, physical and spiritual and educational needs of our students. It involves respecting the views and opinions of students as well as assisting them to develop problem solving and decision-making skills. It also provides a focus for team building, goal setting, awareness of diversity and conflict resolution.

Messages/Absences

If you need to send a message to your child during the school day, please phone Mrs Young in the Junior School on 6770 1726. If a student is to be absent from school, parents are required to phone the Junior School Reception on 6770 1726 on the morning of the absence before 10am.

An email or hand written note is required explaining the absence within 7 days. Parents will be sent a reminder email for any unexplained absences. Please forward all attendance related emails to Mrs. Emma Young juniorschool@plcarmidale.nsw.edu.au. Parents are requested not to go directly to classrooms during the day. Parents must sign in at the Junior School Office and report to Mrs Young if something needs to be dropped off to a child.

Before School

The morning bell rings at 8.45am and all children assemble in the courtyard before going to class. Children should arrive after 8.30am. Children who arrive earlier will be supervised from 8.15am. Children in the Pre Kinder class must be "signed in" and "signed out" each day. The "sign in" book is held in the Pre-Kinder classroom where the teacher will welcome students from 8.30am.

After School

Students are dismissed at 3.30pm and wait at the front of the school building on Crest Road to be collected. A teacher is on duty until 3.45pm. Any child not collected by 3.45pm is taken to "Homework Centre", phone 0402 474 415.

Edumate Parent Portal

PLC Armidale provides academic, pastoral, medical and attendance information to parents and students through a portal into our Student Management System, Edumate. Daily messages are also posted on the Noticeboard and there is access to the school calendar and each individual student's diary.

Academic information such as upcoming assessment task dates and task results are also available through the portal, as well as past reports (from Semester 2, 2013).

The URL for Edumate is: <https://plcarmidale.edumate.net.au/saas/web/app.php/login/> and there will be a link to the Parent Portal on the website.

You will need an individual Username and Password. Please email the Head of Senior School to provide any feedback or if you require assistance.

Lunch Specials Term 1

Monday	29/01	Creamy Bacon, Mushroom & Chicken Pasta
Tuesday	30/01	Chicken Caesar Wraps & Salad Bar
Wednesday	31/01	Roast Beef & Gravy Roll
Thursday	01/02	Chicken Stir Fry with Noodles
Friday	02/02	Beef Nachos with Guacamole & Sour Cream
Monday	05/02	Chicken Burger with Lettuce, Cheese & Tomato
Tuesday	06/02	Chicken Caesar Wraps & Salad Bar
Wednesday	07/02	Hoisin Beef with Steamed Rice
Thursday	08/02	Chicken Curry & Steamed Rice
Friday	09/02	Pulled Pork & Salad Wraps
Monday	12/02	Butter Chicken with Steamed Rice
Tuesday	13/02	Chicken Caesar Wraps & Salad Bar
Wednesday	14/02	Beef Sausage or Hot Dog
Thursday	15/02	Pasta Bolognese
Friday	16/02	Potato Topped Lamb Pies
Monday	19/02	Honey Mustard Chicken with Steamed Rice
Tuesday	20/02	Chicken Caesar Wraps & Salad Bar
Wednesday	21/02	Lamb & Feta Wrap
Thursday	22/02	Pork & Vegetable Noodle Stir Fry
Friday	23/02	Beef Burger with Lettuce, Tomato & Cheese
Monday	26/02	Creamy Bacon, Mushroom & Chicken Pasta
Tuesday	27/02	Chicken Caesar Wraps & Salad Bar
Wednesday	28/02	Roast Beef & Gravy Roll
Thursday	01/03	Chicken Stir Fry with Noodles
Friday	02/03	Beef Nachos with Guacamole & Sour Cream

Monday	05/03	Chicken Burger with Lettuce, Cheese & Tomato
Tuesday	06/03	Chicken Caesar Wraps & Salad Bar
Wednesday	07/03	Hoisin Beef with Steamed Rice
Thursday	08/03	Chicken Curry & Steamed Rice
Friday	09/03	Pulled Pork & Salad Wraps
Monday	12/03	Butter Chicken with Steamed Rice
Tuesday	13/03	Chicken Caesar Wraps & Salad Bar
Wednesday	14/03	Beef Sausage or Hot Dog
Thursday	15/03	Pasta Bolognese
Friday	16/03	Potato Topped Lamb Pies
Monday	19/03	Honey Mustard Chicken with Steamed Rice
Tuesday	20/03	Chicken Caesar Wraps & Salad Bar
Wednesday	21/03	Lamb & Feta Wrap
Thursday	22/03	Pork & Vegetable Noodle Stir Fry
Friday	23/03	Beef Burger with Lettuce, Tomato & Cheese
Monday	26/03	Creamy Bacon, Mushroom & Chicken Pasta
Tuesday	27/03	Chicken Caesar Wraps & Salad Bar
Wednesday	28/03	Roast Beef & Gravy Roll
Thursday	29/03	Chicken Stir Fry with Noodles
Friday	30/03	Beef Nachos with Guacamole & Sour Cream
Monday	02/04	Chicken Burger with Lettuce, Cheese & Tomato
Tuesday	03/04	Chicken Caesar Wraps & Salad Bar
Wednesday	04/04	Hoisin Beef with Steamed Rice
Thursday	05/04	Chicken Curry & Steamed Rice
Friday	06/04	Pulled Pork & Salad Wraps



Around the Grounds Sports Report

Peter Le Surf, Director of Sport

Welcome back for an exciting 2018.

While the holidays is a time to rest and recover, some students took the opportunity to continue doing amazing things on the sporting fields.

Athletics

Our Athletics students competed in the NSW Country Championships held in Wollongong across the Australia Day long weekend. Competition was tough, however our PLC Armidale girls achieved some fantastic results.

SIENNA DELLOW

Under 13's 100m Finalist - Fourth Place (PB time).
200m Finalist - Bronze Medal (PB time)
Under 14's 400m Finalist - Bronze Medal (PB time).
Under 16's 4 x 100m relay (Bella, Maddi, Sienna and one other)
- 4th Place (narrowly missed bronze).

MADDI CAMPBELL-PICKERING

Under 15's Bronze medal high jump - PB height 1.45m
100m 11th overall
Under 16's 4 x 100m relay (Bella, Maddi, Sienna and one other)
- 4th Place (narrowly missed bronze).

ISABELLA WATTS

Under 15's Gold 200m (National Qualifying time)
Silver 400m (National Qualifying time)
Finalist shot put and discus
Under 16's 4 x 100m relay (Bella, Maddi, Sienna and one other)
- 4th Place (narrowly missed bronze).

GRACIE MARTIN

Under 18's Gold 400m and Season Best.
Silver 200m. Bronze 100m (new PB)
Silver 4 x 100m OPEN relay ran with Gracie Martin and two others.

IMOGEN DELLOW

Under 16's Bronze high jump (new PB 1.50m)
Finalist 400m -Fourth Place overall with a PB time.
Finalist 200m - sixth overall with PB time
Silver 4 x 100m OPEN relay ran with Gracie Martin and two others.

Congratulations to the girls on some wonderful results. And I wish then all the very best for their upcoming events:

NSW Open's this weekend 3-4 Feb

Gracie Martin chasing national qualifying time for 400m
Sienna and Imogen Dellow at Little Athletics Regionals in Tamworth
Qualified for 100, 200, 400 (Sienna)
Qualified for 100, 200 and High Jump (Imogen).



9/10/11th Feb NSW Juniors Athletics Championships

Sienna Dellow - Under 14's 100, 200 and 400m
Imogen Dellow Under 16's High Jump, 400m, 200m & 100m
Bella Watts Under 15's 200 and 400m
Gracie Martin Under 18's 200 and 400m
Chiyo Brown Under 14's 1500m (One to watch for, Chiyo won Australian Junior Nationals in this event in December 2015).
Maddi Campbell Pickering Under 15's High Jump, 100m and 200m.

If you are interested in doing athletics you can contact Jay Stone from Armidale Athletics on 0402 498 059

Indoor Hockey

Earlier in 2017 Sarah Askey was selected into the U18 NSW Indoor Team. Over the holiday they competed in the National Championships. The NSW team made the finals and came away with the gold medal.

Great work Sarah and we look forward to another great year of hockey.



Representative Trials

Coming up shortly will be the trials for the representative teams in netball, tennis and hockey. If you are feeling that your fitness is not up to standard then you can always do the Park Run on Saturday mornings 8am up at UNE.

I look forward to seeing you all on the sporting field or on the sidelines.

\$100 VOUCHER for Children's Sport and Recreation Fees

Parents in NSW are now able to start claiming \$100 towards extra-curricular sport and other physical activity fees thanks to the NSW Government's new Active Kids program.

Active Kids will provide a \$100 voucher for parents to put towards sporting fees and registration costs for every school-aged child in NSW.

The health of our children is a priority for me and every parent. I hope this makes a difference in enabling you to enrol your child in the sport or physical activity of your choice.

Families will be able to use the voucher for registration and membership costs, as well as fees for activities such as swimming.

The annual voucher will not be means tested because the NSW Government wants every child from every family to get active and involved in community sport and fitness.

Parents are able to use their voucher to claim up to \$100 per school-child, per calendar year to reduce the cost of sport registration or membership of approved active recreation activities.

More details about the program and eligible sports is available at www.sport.nsw.gov.au/activekids or by phoning Service NSW on 13 77 88.



Development and Enrolments

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

Welcome BBQ - what a lovely way to start the school year! Thank you to all the staff and members of the Old Girls' Union for your assistance in ensuring a welcoming and successful event.

Scholarships - for 2019. Applications close Friday February 16.

Ad Astra 2017 - our annual publication is still under construction and won't be available until later this term.

REPASt - our commemorative book with lots of fascinating recipes and stories from PLC families past and present will not be available until at least mid May. In the meantime, you are very welcome to pre-order and purchase a book or two. Great for all those significant milestones!

Student Achievements - We love to celebrate our students' achievements. In order to do this, we really do rely on families sharing information and photos about their daughter's success (particularly outside school activities), as we cannot begin to promote this if we are not informed. So, please send all and any information directly to development@plcarmidale.nsw.edu.au

P&F Meeting - the first P&F meeting for the year will be held on Thursday 8 February in the Board Room of the main Reception building from 6pm. All welcome!

Our Alumni - the PLC Armidale Old Girls' Union will be hosting an afternoon tea for ALL Old Girls on Sunday February 18, from 2pm at the Blue Wren Cafe. Please share with other Old Girls you know!



Our Gift to you... a Scholarship IN 2019

Applications close
16 February 2018

Scholarship Day & Exam
26 February 2018

Girls flourish
AT PLC ARMIDALE

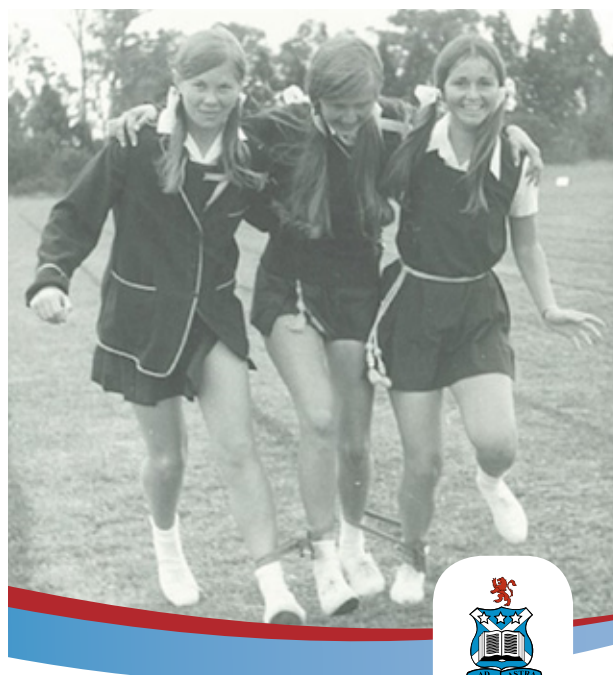
CELEBRATING 130 YEARS IN 2017

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

join us on facebook 

02 6770 1700 | www.plcarmidale.nsw.edu.au

Educating successful women of tomorrow in a Christian environment
In alliance with **PLC SYDNEY**



**Make the old
new again...**

Put PLC back into your life!

Sunday 18 February 2018, from 2pm
at Blue Wren Creekside

Tickets \$15 each at
<https://www.trybooking.com/TYYM>

RSVP by 14 February 2018

Please join us for an "Old Girls" Afternoon Tea to meet up with other ladies who went to PLC both older and younger. Bring another alumni and enjoy an afternoon tea in the beautiful and relaxed surrounds of Blue Wren Creekside, owned by one of our very own PLC Old Girls.

02 6770 1700 | www.plcarmidale.nsw.edu.au

Educating successful women of tomorrow in a Christian environment

In alliance with **PLC SYDNEY**



PLC
PRESBYTERIAN
LADIES' COLLEGE
ARMIDALE
— 1887 —

PLC ARMIDALE COMMEMORATIVE BOOK - REPAST

Pre-order FORM

A milestone year provides any organisation with an opportunity to tell its story. 130 years of providing a high-quality education for girls at PLC Armidale is certainly an accomplishment worth celebrating. In compiling this commemorative keepsake, we have endeavoured to showcase aspects of life at the College in a unique way, through the stories, recipes and eyes of its community, past and present. We hope you enjoy it!

NUMBER REQUIRED

PLC Armidale Commemorative Book - REPAST

_____ copies @ \$49.95 per copy \$ _____

Specially gift wrapped edition of REPAST in linen tea towel

_____ copies @ \$59.95 per copy \$ _____

Collect from PLC Armidale ☐ FREE

Delivery (@\$10 per book) ☐ \$ _____

TOTAL: \$ _____

For overseas delivery OR bulk orders please contact:

Shona Eichorn, Director of Development

Phone 02 6770 1733

Email development@plcarmidale.nsw.edu.au

Please complete this form and return to:

PLC Armidale, Locked Bag 5, Armidale, NSW 2350

or email to Shona Eichorn:

development@plcarmidale.nsw.edu.au



**Please note: this is an indicative cover only, not the final artwork.*

PAYMENT

☐ **Cheque** Payable to PLC Armidale

☐ **Credit Card** ☐ Visa ☐ Master Card ☐ Amex

Card number: _____

Cardholder's Name: _____

Signature: _____

Expiry: ____ / ____ CCV: _____

DELIVERY

Name: _____

Delivery Address: _____

_____ State: _____ Postcode: _____

Phone: _____ Email: _____

☐ I give permission for the package to be left at my door. (Please ensure you complete the authority to leave package). Any specific delivery instructions?



7 ways to make a sensational start to the school year

BY MICHAEL GROSE

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

1. Commit to your child going to school every day on time

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day. Consider taking a leaf out of the book of a friend of mine who gets her children to make their beds each morning which sets the tone for a productive day ahead.

3. Establish work & study habits

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn't fit all when it comes to study routines.

4. Make sure your child gets enough sleep

I encourage you to make a big focus as this year as many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Get your kids outside more for good physical and mental health

Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child's green time and decreasing screen time for good physical and mental health.

6. Focus on being friendly

Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers. Some kids close down their friendship opportunities through self-centredness, poor attitude and unwillingness to take social risks.

7. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Also use visual parenting techniques (outlined in Spoonfed Generation) to aid organisation and encourage independence. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really target and you'll find that the rest may well fall into place.

say cheese

School Photo Day is

Tuesday 6th February 2018

Have your child's school memories captured forever.

Please take the time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

● Don't seal envelopes inside each other. You can pay for all children in one envelope, however each child needs to have their own envelope on photo day.

1

- **Family envelopes are available at the school office upon request.**
- **Family photos will be packaged inside the eldest child's individual photo pack.**
- **Please enclose the correct money as no change can be given.**

MSP Photography New England

newengland@msp.com.au | 02 6772 3519 | www.msp.com.au

ARMIDALE TENNIS ACADEMY

TENNIS LESSONS - TERM 1

@ PLC

GROUP LESSONS - TERM 1 (10 WEEKS)

STARTS: THURSDAY 8 FEBRUARY
ENDS: THURSDAY 12 APRIL

SESSIONS:

Red Ball (5-7yrs) - 3.45pm to 4.15pm - \$130/term

Orange Ball (7-11yrs) - 3.45pm to 4.45pm - \$150/term

Yellow Ball (12-15yrs) - 3.45pm to 4.45pm - \$150/term

For info about Private lessons contact
Dave directly -

P: 0412 743 967 or

E: dave@armidaletennisacademy.com.au



NECOM's range of programs are designed to inspire and develop music skills for life – every child can make music!

Enrol now for 2018!



Junior Choral Program

The New England Conservatorium is one of the leading regional centres for choral excellence in Australia. Its sequenced training program for students from Kinder to Year 12 nurtures outstanding young choristers, many of whom win selection in the prestigious Gondwana National Choral School and become members of its internationally acclaimed choirs, every year.



Instrumental Lessons

NECOM's Instrumental Program offers instrumental lessons by our dedicated teacher-musicians or Music Educator Members. From children through to adults, string, brass and woodwind lessons are available at NECTOM or in local schools, along with an option to hire instruments.



Foundation Music Program

The ideal foundation for children (K-Yr 6) beginning to learn a string, woodwind or brass instrument. The Foundation Music Program's comprehensive training pathway includes lessons, ensembles, concerts and optional instrument hire that will inspire and support children to develop their innate musical talents.

**Music is for everyone so come and learn in a fun and friendly environment.
Instrumental Hire and Bursaries are available.**

Phone: 6788 2135 www.necom.org.au Email: admin@necom.org.au



music speaks volumes



NECOM's range of programs are designed to inspire and develop music skills for life – everyone can make music!

Enrol now for 2018!



Senior Choral Program

The acclaimed New England Singers provides talented and committed young singers in years 7-12 the opportunity to develop their musical skills in a challenging and inspiring environment focused on achieving excellence in performance.



Instrumental Lessons

NECOM's Instrumental Program offers instrumental lessons by our dedicated teacher-musicians or Music Educator Members. For children through to adults, string, brass and woodwind lessons at NECOM or in schools are available, along with an option to hire instruments.



Ensembles

NECOM provides a range of ensembles for beginners to intermediate and advanced students, including Chamber Ensemble Program, Armidale Youth Orchestra, String and Wind Orchestras. These ensembles provide an excellent opportunity for young musicians to develop advanced aural, co-ordination, music reading, technical and communication skills.

**Music is for everyone so come and learn in a fun and friendly environment.
Instrumental Hire and Bursaries are available.**

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music speaks volumes

