

# lion's roar

TERM 1 • 1 APRIL 2016 • VOLUME 259



## IN THIS ISSUE

From The Principal .....	1
Senior School Notes .....	2
Student Exchange Program .....	2
Junior School Sport .....	3
Junior School News .....	3
Indoor Hockey Grand Final .....	4
Super, Sensational Saumarez House! .....	5
Year 2 Excursion .....	5
Harmony Day 2016 .....	6
Combined Easter Carols Service .....	6
Music Notes .....	7
PLC Alumni Working In The Field Of Music .....	8
Tildesley Tennis .....	9
Development and Enrolments .....	9
Pastoral Care Conversation .....	10
P&F News .....	10
Pastoral Care Conversation .....	9

inaugural Outdoor Education residential program ('camp') in the beautiful Tweed Valley region. At last reports, all had arrived safely and most slept well. Breakfast on Day Two for those at base camp consisted of pancakes, cereal and hot chocolate fortifying them for a full program of physical activities

*continued on Page 2...*



## From The Principal

*Mrs Nicola Taylor*

"However beautiful the strategy, you should occasionally look at the results." Winston Churchill

One of the responsibilities of College Council is to oversee the development of a Strategic Plan for each of the Colleges it governs. With the PLC Sydney 2020 Strategic Plan finalised and in place, it is an opportune time for the PLC Armidale Strategic Planning process to commence. I trust that families received an email earlier this week containing a link to a brief online survey about the College. This initial data gathering exercise provides an opportunity for input from a wide range of people. Separate surveys are being completed by staff, the Executive and College Council. The intended outcome is the production of a Strategic Plan which will become a blueprint for the future direction of the College. The Strategic Plan will be a shared document with key stakeholder groups such as the Foundation, the P&F and Old Girls' Union being able to align their programs, events and focus to the same direction. We are very fortunate to have secured the services of CIRCLE Consulting

to assist us in the Strategic Planning Process. With considerable experience across Education, especially in the Independent School sector, CIRCLE bring to the process strategy grounded in Educational best practice research as well as benefit of knowing what works well in schools such as PLC Armidale.

Following the initial data capturing surveys, CIRCLE's Director of Research, Mr Bruce Hodges will be conducting some focus group sessions at the College in the first week of May. Should you be interested in taking part in such a focus group discussion, you are welcome to email an expression of interest to Mrs Cathy Sniekers (ea@plcarmidale.nsw.edu.au). Once the exact details of Mr Hodges visit are known the focus groups will be finalised. We anticipate the process of developing the Strategic Plan to take place throughout the coming Term in readiness for forward planning for the 2017 school year and beyond.

As the sun was rising on Wednesday, two large coaches filled with excited PLC girls from Years 7 to 9, accompanied by some very willing and slightly more restrained staff heading off on our

...continued from Page 1

and challenges. Year 10, with a slightly less adventurous program have been making the most of their visit to Canberra. The staff of all groups have been very appreciative and complimentary of the girls' behaviour, positive attitude and engagement.

Congratulations to Mia Emmanuel (Year 9) and Sarah Askey (Year 10) who were selected from the IGSSA Hockey team to join the CIS Hockey team to play in the All Schools Competition. This is a very significant occasion for PLC Armidale also in having two members of the CIS team. These girls (and their families) are to be commended for their commitment to an exacting fitness, training and match schedule required for such an elite level of the sport, whilst maintaining a commitment to their studies and engagement within the life of the College as well.



## Senior School Notes

*Anna Caldwell, Head of Senior School*

The end of term is in sight and everyone should be feeling proud of all they have achieved over the last 10 weeks. Now is a good time to revisit the goals we all set ourselves at the start of the year, tick off those accomplished and reflect on those that we have not yet reached.

One of the things that I love about PLC is our school spirit and this was most definitely on display in the Autumn Festival Parade. Thank you to everyone who marched and also to those who participated in the Campus to City fun run. We had a very impressive team. The results can be found on the Armidale Express website and the Armidale Campus to City Facebook page. Congratulations to Tara Price, PLC's fastest runner on the day, who placed 49<sup>th</sup> in a time of 21.39 mins.

### Outdoor Ed@PLC

This week saw our Year 7's, 8's and 9's being adventurous and head off on their Outdoor Ed Camp with Outward Bound. I am looking forward to hearing all their stories!

Year 10 enjoyed their action packed week in Canberra and Year's 11 and 12 have been working hard on their assessments and exams.

### Whole School Athletics Carnival

Our Whole School Athletics Carnival is on next week, with pre events being run during Tuesday lunch time and Wednesday afternoon in periods 6 and 7. Girls may travel to school in their Guild shirt and sports uniform on Thursday. Please wear plenty of sunscreen, a hat / cap and bring enough food and water for the day.

### Term 2 Information:

#### 25 April Anzac Day.

We will be marching in the Armidale Anzac Day Parade prior to the Main Service. The parade will start at 10.30am and the service will commence at 11.00am in Central Park. We invite all staff and students to join us for the march and service. Please meet in Moore Street, students are to be in school uniform with their straw hat.

#### 26 April Staff Day and boarders return pm.

#### 27 April All students return. Winter Uniform.

We will be starting in Week B of the academic cycle.

Sports training will start on the first day back.

Term 2 is 9 weeks in length.

## calendar OF events

**2 APRIL  
to 10 MAY  
2016**

Senior Strings - Busking at Central	2/4/2016
Daylight Saving Ends	3/4/2016
Section/Curriculum Meeting - TBC	4/4/2016
Years 7 to 10 Middleton Public Speaking	4/4/2016
Years 7 to 12 Choral Workshop	5/4/2016
Athletics Carnival Afternoon	6/4/2016
Yr 12 and Boarder Parent/Teacher Interviews	6/4/2016
PLC Armidale Foundation Annual General Meeting	6/4/2016
Athletics Carnival	7/4/2016
Last Day of Term 1	7/4/2016
Boarders Depart - AM	8/4/2016
Staff Day	8/4/2016
Years 9 to 12 KYCK	8-10/4/2016
DOE Silver/Gold Award Expedition	11/4/2016

### TERM 2

ANZAC Day - Public Holiday	25/4/2016
Staff Day	26/4/2016
Boarders Return - PM	26/4/2016
School Resumes	27/4/2016
PLC Armidale P & F Meeting	28/4/2016
Junior School Mothers' Day Breakfast	5/5/2016
Whole School Cross Country	6/5/2016
Years 5 and 6 National Primary Games	9-10/4/2016



## Student Exchange Program

*Chris O'Neill, Exchanges Coordinator*

This term PLC Armidale gained a new student in Bianca Tillmann. Bianca joined us from Germany, and from what she has told me, she has greatly enjoyed her time with us. Bianca is the cousin of former PLC students Laura and Amanda Tillmann and she has been staying with their parents Andreas and Tamara. Bianca has been an enormous help in my elective German class, providing the girls with valuable cultural insights and helping them with their German language. Unsurprisingly, Bianca did extremely well in her German quizzes! Members of staff have all commented on Bianca's strong work ethic, her willingness to immerse herself in new topics and tasks and the positive example she set to others in the year group. She has made some excellent friends while here and when I asked her recently what she liked most about PLC Armidale, she responded by saying that it was the supportive and caring atmosphere which she will miss the most. Bianca is just about to head to Canberra with Year 10, which will no doubt be an outstanding opportunity for her to learn more about Australian culture, history and politics. On behalf of the College, I would like to thank Bianca for coming to Armidale and getting to know us and I would like to wish her a pleasant trip back to Germany and all the best for the future.



## COME AND TRY

# HOCKEY

Open to primary school children.

Equipment provided

**WHEN:** Saturday 2<sup>nd</sup> April from 9am to 10:30am

**WHERE:** Hockey Centre at UNE

TOP QUALITY COACHES AND MENTORS

**FREE**

Parent Information stations will be set up

Clubs representatives will be available on the day

Sign up to play.

*Come and see what it's all about*



## Junior School News

*Ainslie Breckenridge, Head of Junior School*

It is hard to believe that Term 1, 2016 is drawing to a close. As this is the last Lion's Roar for the term, I would like to wish everyone an enjoyable break over the school holiday period and enjoy the change to routine and hopefully some cooler weather. The girls return to school on Wednesday 27 April in their winter uniforms.

### Winter Uniform

Please make sure that your daughter has the appropriate winter uniform ready for Term 2 please. The clothing shop will be open as usual next week if you need to purchase anything. The girls do not have to wear their white straw hats in winter but will be wearing their blazers daily. Girls are to be wearing their blazer when they are arriving and departing the school grounds please. Girls are not to be wearing jumpers home without blazers. Please encourage your daughters to wear their uniform with pride and to have every piece of clothing labeled.

### Lunches

A gentle reminder to please send healthy food only to school with your daughter for lunch and recess. We have noticed many 'treats' are creeping into lunchboxes. Healthy eating choices and habits are essential skills for girls in primary years to learn. Please help us to encourage these good habits.

### Interviews

A big thank you to all parents who came to see their teachers last week for parent teachers interviews. It was wonderful to see so many of our parents there discussing their daughter's progress and 'where to next' in learning journeys. Communication between teacher and parent is a vital connection in our Junior School. If you did not make the interviews or you would like to clarify or follow up on discussions, please get in touch with your teacher.

### Volunteer Army

The Junior School is putting the call out again to any parents/grandparents or carers who would like to come and donate their time on a Friday morning to help us get some jobs done in the Junior School. We have books to cover, library shelves to fix up and many more jobs to do. Please let Mrs Young know if you have half an hour to spare on a Friday morning!

## Junior School Sport

*Lucy Donaldson, Junior School Sports Coordinator*

### Indoor Hockey

Congratulations to the PLC Lions and the PLC Leopards who both won their grand final games on Friday, 18 March. The Lions defeated the Ben Venue Harkies 5-1 and the Leopards defeated Ben Venue Lightning 4-2. Both

were spectacular games and the girls showed tremendous sportsmanship. Thank you to Alex Portell who stepped in to coach the Lion's for this exciting game.

It has been a fabulous season for all PLC indoor hockey teams.

### Netball and Hockey – Winter Sport

Training for all hockey and netball teams will commence in Term 2. Games will begin on Saturday, 30 April 2016.

### Come and Try Hockey Day

Please see attached information regarding the Come and Try Hockey Day at UNE on Saturday 2 April from 9.00am to 10.30am. A great opportunity for any primary students.





## Indoor Hockey Grand Final

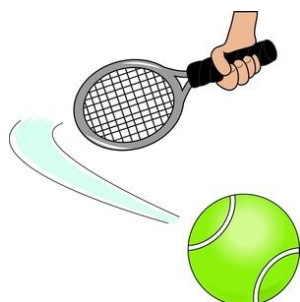
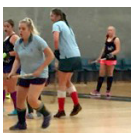
Carolyn Beresford

PLC Storm played in the Indoor Hockey Grand Final on Thursday 17 March against Hands Off, where PLC U16's defeated them 8-4, in what was a very exciting game to watch. All of the girls had strong games, working well together as a team. Sarah Askey, Chelsea Thornton and Lucy Quast scoring 2 goals each. Paige Jackson and Mia Emanuel scoring one goal each. In defence Lily Neilson and Sarah Askey were very strong, making some very solid tackles in the circle. Up front we had Chelsea Thornton and Lucy Quast working hard on and off the ball, putting Hands Off under a continuous amount of pressure in their circle. Paige Jackson, Jessica Hughes and Pip Constable also played well. These girls showed excellent sportsmanship throughout the competition, I would like to congratulate them on their win and their efforts during the 2015/16 Indoor Hockey Competition. Also a big thank you to Mackenzie Constable and Lily Neilson for umpiring during the competition, as well as Kim Taylor for her help and support.

PLC Storm went through the 2015/16 Indoor Hockey Competition undefeated, they all played well as a team and were too strong in the Grand Final.

Team- Lily Neilson, Sarah Askey, Mia Emanuel, Jessica Hughes, Lucy Quast, Julia Chambers, Paige Jackson, Pip Constable and Chelsea Thornton.

Absent from the team was Mackenzie Constable as she was away playing Tildesley Tennis.



## School Holiday Fun Weeks

### Tennis Camps April 2016

Armidaale Tennis Club, Golf Links Rd Armidaale



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

Week of April				
Mon 11 <sup>th</sup> – Fri 15 <sup>th</sup>	½ Day (9:00am-12:00) \$44	Full day (includes lunch) \$55	½ day full week \$187	Full day-Full week (includes lunch) \$242

- Lunch is provided for those staying for the full day
- Children under 8 must choose the ½ day option
- Learn tennis 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.

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





## Super, Sensational Saumarez House! Year 2 Excursion

*(A newspaper article by Year 2)*

On Friday 18 March, Year 2 went to Saumarez House to see what life was like in the 'olden days'.

To begin the excursion the girls were lead by a fantastic guide, named Jillian, through the spectacular Saumarez gardens. They saw many beautiful roses, vegetable gardens and a fascinating sundial. When they arrived at the house students were amazed to see how Elsie and Mary White (the last private owners) used to live. "It was amazing how everything was set up exactly how it would have been a hundred years ago." reported Macey Wake.

After exploring the house the girls were taken down the hill to look at the farm. "It was fantastic, we got to sit in the oldest building in the entire Armidale area." said Lailah Nelson-Straub. Students learnt all about the milking shed, where the milk was stored, where the horses were kept and that the farm used to have sheep and chickens. When asked, Annabelle Mills said, "I really liked it when we got to dig for old historical items."

The only disappointment was that the girls were not able to go upstairs in the house and ... "I really wish I could have met Mary and Elsie White." commented Bella McKay.

It was certainly a fantastic day! "We really hope that the house is looked after for many years to come so that people can continue to experience what it was like to live before technology."

Year 2 and Mrs Hardin would like to thank Saumarez House for a 'fantabulous' day out.



Above: Digging for historical remnants



Above: Sitting in front of a huge wool classing table



Left: Mr White's office



Dear Junior School parents,

This term the Junior School SRC has had an environmental focus. We have been meeting this term to discuss concerns in global and local environment issues.

The SRC would like to take action on a school level.

On **5 April**, the **PLC Junior School SRC** is holding a **mini fete** to raise money for our global garden project. Each class will have a stall selling something. The class SRC representatives will run the stalls.

We will use the funds raised to buy new supplies such as seeds, mulch and watering cans.

On Tuesday the Junior School girls can bring in **one dollar's worth of silver coins** to spend on different stalls.

Thank you for supporting our environmental initiative.

**Heidi Martin and Nina Breckenridge**  
(Year 6 SRC representatives)





## Combined Easter Carols Service

*Constance Rolfe, Junior School Music*

On Tuesday 22 March, 5 girls from the PLC Bel Canto Ensemble; Rachael Kenrick (Year 7), Lucy Quast (Year 10), Dakotah Love (Year 11), Keira Shaw (Year 11) and Jessica Tan (Year 12), traveled to TAS to perform with the TAS Chapel Choir and TAS Singers for their Combined Easter Carols Service, conducted by PLC Bel Canto Ensemble director and Junior Music teacher, Ms Constance Rolfe. This was a beautiful event which showcased the level of musicianship and musicality of the students from both TAS and PLC. The girls represented the college wonderfully and gave them an opportunity to display their talents in sight-reading and singing a variety of difficult repertoire.



## Harmony Day 2016

Harmony Day was on 21 March and celebrated our cultural diversity. This year's central message was that 'Everyone Belongs', reinforcing the importance of inclusiveness and respect.

Our Year 7's and 8's participated in an afternoon of activities with Mrs Goode and Mrs Caldwell to celebrate the cultural diversity at PLC Armidale.







## Music Notes

*Matthew Minter, Director of Music*

### PLC PREPARES FOR THE EISTEDDFOD!!!

In PLC Armidale, performance is an active part of the day for the students. The ensemble program is a hive of activity with more than twenty ensembles entered into this year's Armidale Eisteddfod!

The Musical Directors have selected or composed appropriate repertoire for their groups and the students will learn ensemble skills during the process of working with the repertoire. We consider this type of music making just as important as individual performance. The latter is offered performance opportunities in our In House concerts which are offered twice each Term.

The ensemble directors this year include Mr Robert Jackson, Miss Alana Blackburn, Mrs Deidre Rickards, Miss Connie Rolf and Mr Matthew Minter.

Thanks also to the choral accompanists Ms Li Ling Chen and Mr Warwick Dunham

Every student from Kindergarten to Year 8 will be involved in at least one event in the Eisteddfod so it is very much a whole school event.

There will be a special concert the week before the Eisteddfod called "PLC Performs" on Wednesday 11 May to showcase the great work of all the ensembles.

The ensembles include class groups, chamber ensembles, choirs and our two exemplary string orchestras.

Here is the list of our ensembles!

- PLC Senior String Orchestra
- PLC Middle School Orchestra
- PLC Junior String Orchestra
- PLC Senior Cello Ensemble
- PLC String Quartet
- PLC Senior Strings Chamber Ensemble
- PLC Chamber Ensemble
- PLC Middle School Ensemble
- PLC Recorder Ensemble
- PLC Wind Ensemble
- PLC K-2 Choir
- PLC Treble Makers
- PLC 3-6 Choir
- PLC Middle School Choir
- PLC Senior Choir
- PLC Senior Vocal Ensemble
- PLC Year Eight Class Ensembles 1
- PLC Year Eight Class Ensemble 2
- PLC Year Two Class Ensemble
- PLC Year 9/10 Class Ensemble

### COMPOSITION IN PLC

All of the Elective Music students have entered their own compositions into the Composition section which will be adjudicated by Matthew Hindson from Sydney Conservatorium. This is a section which has seen many successes for PLC Students. Year 12 Course 2 music candidates have used this section as a testing ground for their HSC Composition work which they will submit later this year.

I would like to recognise some recent successes. Since 2008, PLC has had 7 Encore nominations from the HSC candidature. Two in Performance (Eliza Scott and Charlotte Low) and five in Composition (Virginia Botha, Hannah Grigg, Caroline King, Victoria Jackson and last year, Aimee Brown). This is a fantastic result from a small country school such as PLC and it is a reflection of the creative climate which pervades the Music department.

Music is a point of excellence at PLC. It is a highly valued subject and an integral part of the school's life. The classroom programmes are valued as it is here that all students are offered the three Learning Experiences of Performance, Composition and Listening. It is obvious to me that the girls have been offered an education which will allow them to pursue further music involvement in their future lives.

### MR MINTER'S REFLECTION ON THE MUSIC ALUMNI AT PLC ARMIDALE

As a relative newcomer to Armidale and PLC a number of things have deeply impressed me. On my first three visits to the school in 2015, I experienced a level of excellence that was most impressive and reflected the quality of music education at PLC. A programme this strong is rarely seen in regional schools. I am thrilled to step into this stimulating climate.

The other impressive feature in my short time here is the way in which the music alumni have a presence. Many of them were invited to perform in the 2015 String Soiree and they did so enthusiastically. The girls were obviously thrilled to see them return and participate in what is an annual event of distinction. I have seen them perform at Assembly (Hannah Fraser thrilled us with an Aria from "Carmen" by Bizet when she was visiting as part of the Song Co. Musica Viva performance) and they offer Master Classes to individual singing students as well as our Senior Choir (Shelli Hulcombe nee Gilhome, did this earlier this year. She is a Senior Lecturer in Voice at Queensland Conservatorium of Music), Eliza Scott and Charlotte Low presented as part of a Piano Trio to our Junior School students in February and today Jessica

*...continued on Page 8*



...Music Notes continued from Page 7

Wright who is a BMusEd student at Sydney Conservatorium dropped in to play with the Senior Strings (she commented that she knew that they would be rehearsing at 7.30 on Tuesday morning!)

One of our most valued alumni would be Robyn Bradley (nee Burton) who after attending Sydney University and pursuing a Masters degree in Rural Science has decided to devote her energies to her talent of piano performance and accompaniment. Robyn is a BMus, LMUS and teaches the piano at PLC and provides excellent accompaniments for many of our students.

The defining aspect of the music alumni is that they all return at some stage. They look to reaffirm their interest and dedication to the Music in PLC. The all-pervading nature of this subject is a tradition and one which is embraced by many people. Music and quality education defines PLC. Without exception each of the alumni I have spoken with recognises that it is PLC that made the difference for them professionally. Their discovery of music at this remarkable College has inspired their professional lives.

It is my mission to nurture this alumni interest by sustaining and building on the existing programme. With the assistance of some outstanding peripatetic teachers I believe the Wind and Brass programme will be developed further and perhaps we may see some larger orchestral works played again.

## SPORTS LOVERS LUNCHEON

RAISING FUNDS FOR



RIDING TO CURE CANCER

**HOSTED BY MARK BERETTA**  
10 TIMES AUSTRALIAN WATER SKI CHAMPION & SPORTS PRESENTER ON 7'S SUNRISE

**& FEAT. 2 OF THE BIGGEST NAMES IN AUSTRALIAN SPORT**

**LAYNE BEACHLEY, AO**  
7 TIMES WOMEN'S WORLD CHAMPION  
SURFER LAYNE BEACHLEY

**ROBBIE MCEWEN**  
12 TIMES TOUR DE FRANCE CYCLIST





**FRIDAY APRIL 8<sup>TH</sup>, 12.30PM**  
**ARMIDALE CITY BOWLING CLUB**  
**TICKETS \$90**

from Armidale Bowling Club or [armidalebowl.com.au](http://armidalebowl.com.au)  
all proceeds from this event go to Tour de Cure

for corporate bookings please contact  
Jacqui Munday 0439 713 866  
David Schmude 0418 436 267

**ARMIDALE**  
City Bowling Club





## PLC Alumni Working In The Field Of Music

*Deidre Rickards, Director of Strings*

Following the recent Choral and Vocal Master classes from one of our "old girls" Shelli Hulcombe (nee Gilhome), Mr Minter has asked me pass on to him some names of other alumni who are working in the world of Music. I apologise if I miss someone. The following names are ones which I can immediately recall. It's quite a challenging task as the Music programme at PLC has a long history of success and we have had a vast array of highly motivated musical girls move through the school curriculum.

Before I mention these names I would like to recognise some recent successes. Since 2008, PLC has had 6 Encore nominations from the HSC candidature. Two in Performance (Eliza Scott and Charlotte Low) and four in Composition (Virginia Botha, Caroline King, Victoria Jackson and last year, Aimee Brown). This is a fantastic result from a small country school such as PLC and it is a reflection of the climate which pervades the Music department.

### ALUMNI:

**Music Education:** We have some highly successful Music Teachers and Music Teacher trainees. The latter are Charlotte Low and Jessica Wright (they are currently engaged in a BMus Course). In the field working in Music education in schools we have Leanne Roobol, Lyndall Nevin, Rachel Templeton and Kirrily Williams (nee Johnson)

Shelli Hulcombe is a Lecturer in Voice at Queensland Conservatorium of Music and also performs with Queensland Opera. Her sister Natalie works in Music Theatre in Australia and New York.

**Music Performance:** Currently training for the profession is Eliza Scott who is a member of the Australian Youth Orchestra and will travel to Europe later this year. Hannah Grigg is also training in the field of Conducting and Choral work.



Working in the Performance field are the following Alumni:

**Joanne Green** (Violinist) – Graduate of the Royal College of Music (London) and currently a member of the Scottish Ensemble (the elite Chamber orchestra in Scotland)

**Alice Rickards** (Violinist) – Graduate of the Royal Academy of Music (London) and currently a member of the BBC Scottish Symphony Orchestra based in Glasgow.

**Lexi Hutton** (Soprano) – Graduate of the Royal College of Music (London) and currently a Principal soprano with Deutsche Opera in Berlin

**Hannah Fraser** – Graduate of Sydney Conservatorium of Music and currently the Mezzo Soprano in the prestigious Australian Vocal ensemble "The Song Co." Her sister Hester is also a successful professional free-lance singer/composer

All of these alumni studied Music for the HSC at PLC and have made the courageous decision to pursue the subject further either in education and/or performance. I remember the commitment and passion from each girl and it is heartening to know of their successes.





## Tildesley Tennis

*Madison Taylor*

During week 8 of term, the huge tennis team of 6 girls travelled down to Sydney to compete in the annual Tildesley Tennis shield. When we arrived in Sydney on the Tuesday night we had a quick training session but were practically washed out by the end.

On Wednesday morning we arrived at the courts at 7.00am and began to have a hit up, once again this didn't last for very long due to rain. It rained until around 10:30am, the courts were soaked but the singles finally got on to play. Sarah Miron came up against a Kincoppal Rose Bay girl. She fought extremely hard but unfortunately lost her match, this was Sarah's first year and she should be commended on how well she copped with the intensity of the tennis.

My first match was a Danebank girl. I won the match 8-2 moving me onto the second round. That afternoon I had to play a Brigidine girl and after being down the whole match, I came back and won it 8-6. This was very exciting for everyone as PLC has not had a girl through to the third round in many years.

On Thursday morning, my third round match was called and I came up against a Meridan girl. This match was a very hard battle and unfortunately I lost but I was not discouraged at all. Five years of Tildesley and I had never won a match so this year was a fantastic year to finish on.

The first doubles pair to get called up was Mackenzie Constable and Charlotte Caldwell. These girls played exceptionally well, for the lack of time they have played together. Unfortunately the girls didn't come out with a win against SCEGGS but should not be discouraged because it was a very tough match and they played great tennis.

Our second doubles team of Kiera Shaw and Emma Ranck had a fantastic first round match against Danebank and won the match 8-5 after a brilliant comeback. Their second round match was a very close match against St Vincents. The girls went down in this match but should not be discouraged because the tennis that they played was fantastic and they will improve on this next year, I'm sure.



## Development and Enrolments

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



### 2017 All Rounder & Boarding Scholarships – Round One now closed

Applications for Round One of the 2017 All Rounder and Boarding Scholarships. Offers will then be made by the end of the first week of the April holidays. Should you or anyone you know have missed our applying this term, there is always Round Two, which opens next term.

### Community Breakfast for the School of St Jude

We hope that the many PLC Armidale people and other community members who sacrificed a post Easter sleep in to join us for breakfast earlier this week, were inspired by the morning's presentation from Gemma Sisia, founder and Dorrice Livingstone, recent graduate from the School of St Jude's in Tanzania.

What an amazing story they continue to share. All proceeds from ticket and book sales go directly to providing continued educational opportunities to the many children in Tanzania.

Many thanks go to PLC Armidale friend, Mrs Margie Roberts (along with husband Jonathon and his business, Office Express), for her initiative and enthusiasm in facilitating the wonderful opportunity. PLC Armidale was very privileged to be a part of the School of St Jude's 2016 Tour and to host the Community Breakfast. Very special thanks goes to our fabulous Chef, Katie Clarke and her employers, Catercare, who not only donated the cost of the breakfast but also their time in putting the magnificent breakfast smorgasbord together. What a difference an education can make! Each PLC Armidale student (who attended the special assembly that followed) was presented with a DVD, so if your copy did not make it home, please let me know as we do have a few spare.

### National Primary Games - Tamworth

We wish all the PLC Armidale Junior School girls participating in this year's National Primary Games, being held in Tamworth and hosted by our Community Partner, the Northern Inland Academy of Sport (NIAS), all the very best for a successful sporting experience on April 9 and 10! Thank you to our enthusiastic PLC Armidale staff and parents for supporting the girls in participating in this wonderful initiative.

### PLC Armidale Facebook

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

### Holidays

These holidays we hope that our families continue to advocate and promote PLC Armidale to your friends and relatives. Should you have any guests visiting, who would like a tour of the College or more information, I will be on deck for first week and Sally will be here week two. Happy holidays everyone!





## Pastoral Care Conversation

Paula Goode, Pastoral Care Coordinator  
FOMO



Have you heard of the term FOMO? If not, let me tell you that it is a real and serious condition. It can take many forms and causes anxiety, depression, negative body image, low self-esteem and wreaks havoc with your sleep.

If you find yourself worrying that a friend will be upset if you don't respond to their message straight away, or you find yourself checking your phone constantly to see if you have any new messages, or you worry that your friends are having fun without you, or if you sense that exciting things are happening and if you are not online to be a part of it then you are missing out....then I'm sorry to say it, but you are most likely to be suffering from a case of FOMO.



Don't worry, you are not the only one. FOMO is a plague of epic proportions and it is affecting most young and middle-aged people in developed countries. A recent survey conducted by the Australian Psychology Society has found that one in two teenagers feel that they are missing out and the results of the 5<sup>th</sup> Annual National Stress and Wellbeing in Australia Survey shows that we

are suffering from higher levels of stress, depression and anxiety than ever before.

"There is a very strong positive correlation between the hours spent on digital technology and higher levels of stress and depression". Dr Muborak Rahamathulla, Flinders University.

However there is some good news. There is a cure! It is called JOMO.

Step away from the device. Turn your phone off. Go outside and enjoy the fresh air and other peoples company. Join a club or group. Sign up for volunteer work. Digital detox. It will be hard at first but once you get used to it, you will get stronger every day and you will be so happy that you did. JOMO is the Joy of missing out.

We are told that it is really important to limit screen time for younger children, in fact limiting screen time is important for all of us, no matter our age. We don't have to know what everyone else is doing all the time. We don't have to answer the phone every time it rings. We do not have to be contactable 24/7. It is actually better for our health when we switch off for a while and reconnect with those around us.

Our children are growing up in a very different world to the one we grew up in. Their social world is increasingly a technological one. We now have laws to deal with the fact that technology

# lion's roar

TERM 1 - 1 APRIL 2016 - VOL 259

Turn Your  
**FOMO**  
into  
**JOMO**

has become such an enormous part of society, such as laws against using mobile phones whilst driving and laws against texting whilst driving. Even coffee shops are implementing strategies to encourage us to disconnect to reconnect with each other. Technology really has had an impact on real-world social activities.

At school and work FOMO is a distraction. When you are in the zone and your phone buzzes in your pocket, you are distracted from what you are doing and even if you have the will power to not get your phone out to look at it, your train of thought has been broken and the learning and working moment is ruined.

I love Facebook for keeping up with my family and friends all over the world, however I am not addicted to it and in fact have had friends recently email me as they were worried that I was MIA due to the lack of posts and likes since the start of the year! Even though I say I love Facebook, I do encourage my students, particularly those in Yr 12 to deactivate their Facebook and Instagram accounts until their HSC is over and stress the importance of enjoying face to face social interactions instead.

For these girls in Year 12, this is their last year of school, the last few terms of face to face lessons with their teachers, last few months of being with their school friends every day and I want them to make the most of it and not have it all pass by whilst they are glued to their phones and devices.

By the time you are reading this I will have thoroughly enjoyed three days on camp with our Year 7s, 8s and 9s where we will have had no technology but lots and lots of fun. What are you going to do to experience JOMO?

## P&F News

We trust you all enjoyed the Easter break and the time to spend some family time with your girls before the end of a busy term.

### Whole School Athletics Carnival

On the afternoon of Wednesday 6 April and all day Thursday 7 April PLC will hold its annual whole school athletics carnival. As in past years the P&F will run the canteen on these days. Please keep an eye out for an email from your year level Liaison Parent or our Canteen Co-ordinators Kim Taylor and Donna Keeping, for donations of food and help on the day. It is a wonderful opportunity to catch up with other parents and meet new parents. All donations of food to be sold at the canteen and any time you can spare to help serve is greatly appreciated.

Term 1 has been a very busy 11 weeks and we are sure you will all enjoy the 2 week holiday break. The P&F would like to thank everyone for their support over the term and we look forward to your continued support into term 2. Our next meeting will be held on Thursday 28 April at 6.00pm in the school boardroom. We encourage you all to attend and hear about the happenings across the whole school. Boarder parents please remember you can also participate via phone link up to our meetings, all you need to do is to contact Sue at reception the day before so the phone line can be set up for the meeting. We wish everyone a safe and happy holiday.



# Parenting *ideas* INSIGHTS



## Building parent-school partnerships

WORDS Michael Grose



## Easing children's anxiety

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

### Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

### Making a plan

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.



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.



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

© 2016 Michael Grose

